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Henry Golding

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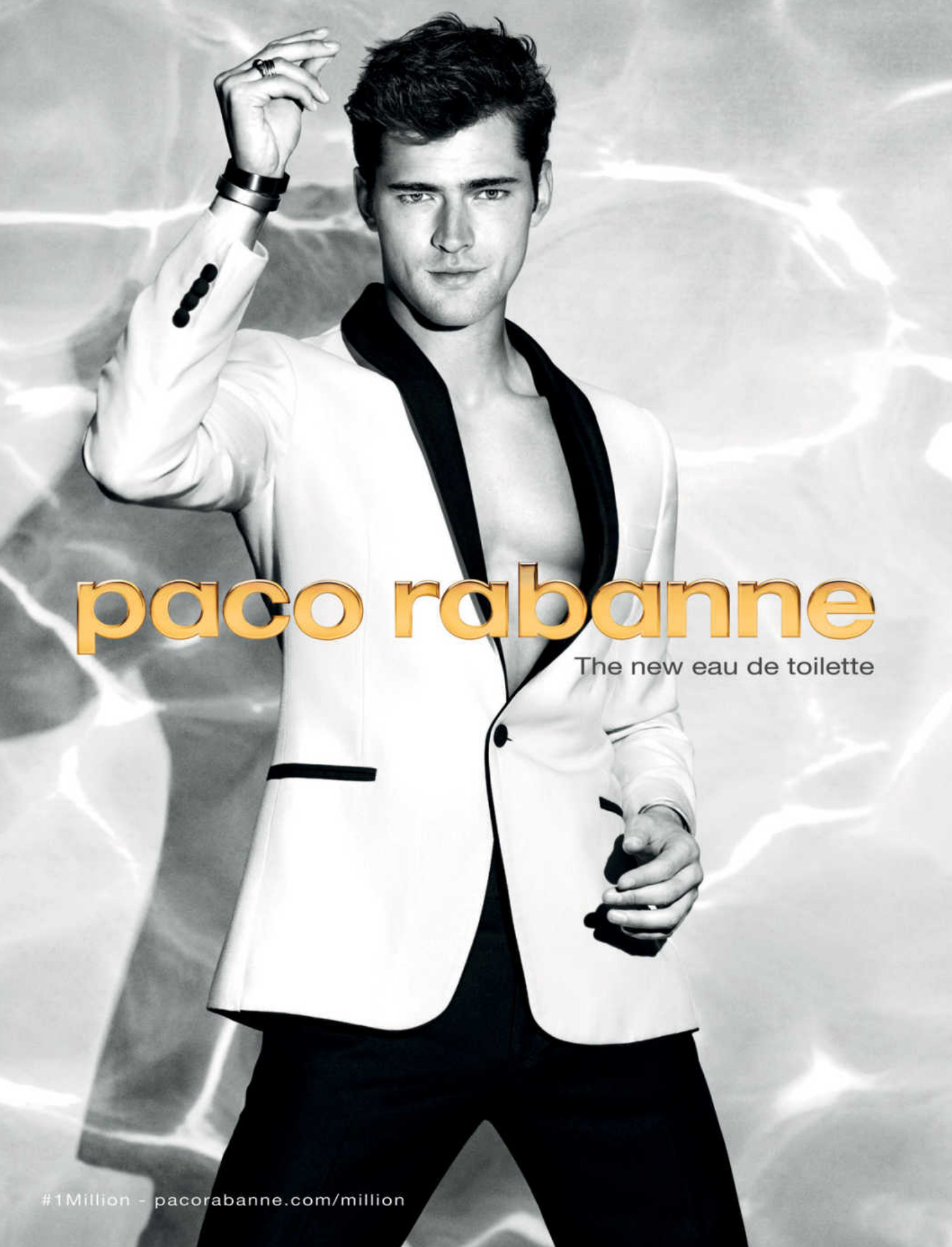


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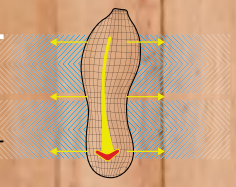


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Henry Golding wears Uniqlo T-shirt and Dockers pants

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Men'sHealth

Mongoose Publishing Sdn Bhd (580051-K)
Level 36, Menara Ambank
8 Jalan Yap Kwan Seng,
50450 Kuala Lumpur, Malaysia
www.mens-health.com.my

All Enquiries
Tel 03 2166 6650 Fax 03 2166 6651

Editorial editor@mens-health.com.my
Editor John Ng
Features Editor Anis Taufik
Staff Photographer Hizwan bin Hamid
Contributing Writers Ivan Cheong, Vivian Chong, Qhalis Najmi, Steve Thomas
Contributing Sub-editor Nick Choo
Contributing Photographers and Stylists Milko Grieger, Ha Phan Bich, Suanne Hee, Kahmun, Damien Khoo, Angeline Low, Theo Schnürer, Lukasz Wolejko-Wolejszo, Marcus Wong, Joey Yap

Art production@mongooseasia.com
Art Director Shahrul Hilal

Website www.mens-health.com.my
Group Digital Editor Lim Chee Wah
Web Editorial Assistant June See
Web Manager Elana Chee Mei Ling
Digital Marketing Manager Averell Leiking
Web Developer Wan Nadzirah Bt. Zulkhefli
Web Designer Amir Shahrir Bin Amiruddin
Senior Web Designer Vincent Chua

Public Relations & Marketing marketing@mens-health.com.my
Head of Events Amee Halim-Illiya
Brand Development Manager Kim Choong
Assistant Marketing Manager Aaron Larsson
Reader Relations Manager Thanabalasingam Balakrishnan

Advertising advertising@mens-health.com.my
Account Director Abill Zackry
Senior Account Executive Alford Tan
Senior Account Executive Rose Marie Bague
Account Executive Terry Lim

Operations accounts@mongooseasia.com
Head Of Operations Camy Yee
Senior Accounts Executive Zuraiha Zahid
Junior Accounts Executive Siti Fazillah Yunus
Accounts Assistant Norshakila Abdullah
HR Manager Badrulzaman Satibi
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Management www.mongooseasia.com
Group CEO Graham Paling
COO Mark Harvey
Chief Content Officer Matthew Bellotti
Editorial Director Lynette Ow
Intl. Business Development Director Richard Beatty
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Production
BHS Book Printing Sdn. Bhd.
Lot 17-22 & 17-23, Jalan Satu,
Bersatu Industrial Park, Cheras Jaya, Balakong
43200 Selangor Darul Ehsan, Malaysia

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KDN PP18535/01/2014(033768)

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FROM THE EDITOR



Are you well nourished?

What prompts you to gulp down those supplements every morning? Is it the feeling of obligation to fulfil the cemented habit? Could it be a diet to balance out or an ailment to ease? Maybe you're starting to take your health seriously? Whatever your professed motivation, it's all about feeling good both physically and mentally.

From vitamins to minerals to traditional medicine, on **p86,** What supp? lists down the supplements you want to look into as the years go by. Adding to that, we have shortlisted four top-notch protein brands on p70 in accordance with your specific needs. So don't stock up until you've read them.

While we're on the topic of nutrition, check out all the food recipes we have in store for you – learn to turn sliced fruits and vegetables into the ultimate snack **(p66)**, cook up delectable post-gym meals (p62) and make your own sandwiches **(p80).**

In our interview with this month's cover star Henry Golding, he tells how he set goals at the beginning of every year to keep himself from swaying off track. As he puts it, "You can't just mope around, watch cats on YouTube and do nothing. You've got to have purpose. Human beings in existence need purpose. It gives birth to drive and passion, which ultimately leads to success." Read about what made him the man he is today on **p74.**

And as promised in our previous issue, Matthew Pyne reveals the hardcore workout routines he employs to build his MH cover-worthy body. Discover exactly what the #MHCoverGuy15 winner does on p42 as well as p58. We guarantee they won't just help you torch the flab to unveil the six-packs, but also pack on some serious mass.

Enjoy the issue!



John Ng
Editor

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How do I resist the urge to text while driving?

– BILL

Three steps: open trunk, insert phone, close trunk. Studies show that even when people turn off phone notifications, they still feel compelled to check their devices. According to technology addiction expert Dr David Greenfield, we may crave the dopamine rush that receiving info produces. So after you stow your phone, crank up the tunes – listening to a favourite song can trigger similar dopamine hit, a Canadian study found. Need your phone's GPS? The app SafeCell360 (RM10.43, Android) can disable incoming and outgoing texts whenever you exceed 8kph.



Texting behind the wheel makes you up to 23 times more likely to crash

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MY PROTEIN POWDER IS PAST ITS EXPIRATION DATE. IS IT STILL SAFE TO USE?

– JACK

Are you worried about your bowels or your biceps? Protein powders don't spoil the way meat or dairy does, because a dry environment makes it nearly impossible for microbes to grow, says Dr Bob Roberts, a professor of food science at Penn State University. So unless you're storing your canisters in a warm, humid place (like the bathroom or your gym locker), you're fine on that front. As for the muscle-building mojo of protein powder, it does diminish after the use-by date has passed. You can blame a chemical reaction called Maillard browning: the protein reacts with sugar left over from when the whey was extracted from milk, resulting in a gradual breakdown of amino acid lysine. "If you lose lysine, then the powder will not be as complete of protein," says Roberts. Only a day or two past the expiration date? Put a bit of it on your tongue. Another telltale sign of Maillard browning is a fade in flavour, says Roberts. If you taste cardboard, toss it. And if it always taste like cardboard, then no wonder the stuff sat around for so long. Maybe it's time to shopping for a new brand. Turn to p70 for recommendations.

What's the best way to remove water from my ears after swimming?

– TOM

We'll start with the worst way: using a cotton swab or a blow-dryer. If you stick the swab in too deep, you could damage your eardrum. And if you shoot hot air in there, you might melt the wax and make it run into your ear canal, says Dr Steven Rauch, a professor of otolaryngology at Harvard Medical School. No, this is a problem best solved with alcohol. Your tube-like canals are lined with delicate, oily skin that causes H_20 to sit on top, similar to the way raindrops bead on a freshly waxed car. You need to break the surface tension, and that's where the alcohol comes in. "It's far less prone to heading up, so the water will run right out," says Dr Rauch. Your treatment plan: soak a cotton ball in rubbing alcohol, lie down on your side, and squeeze the liquid into the affected ear. (You might need to massage the outside to help the alcohol drain into the canal.) Now sit up and tilt your head the other way so the water is able to drain out. No success? The water could be trapped behind wax buildup. Time to visit an otolaryngologist, who can clean it out.

Does cupping therapy work?

– JOHN

A practitioner applies heated glass cups to your skin, creating suction that causes your blood vessels to dilate. This increases bloodflow to the area and reduces pain. As kooky as it may sound, cupping is a powerful pain medicine, says *MH* US alternative-medicine adviser Dr Benjamin Kligler. For proof, he points to a 2015 study review in the journal *PLOS One*, which found that after a three-month treatment period, cupping was significantly more effective at reducing lower-back pain than nonsteroidal anti-inflammatory drugs and physical therapy. Side effects? Cupping can leave small but harmless circular abrasions that fade after a few days. (People at the beach will think you battled an octopus.) But don't expect one-and-done results, says Dr Kligler. It can take three months or more to sessions to see improvement.

Is there a difference among all those contact lens cleaners?

– ERIC

Cross-eyed in the eye-care aisle? We'll break it down. There are basically two types of cleaning solutions: multipurpose and hydrogen peroxide. Multipurpose will remove residue, disinfect, rewet, and rinse, and it's pH-stabilised to keep working for several days. If you're currently using this kind without any issues, look no further. But if you start to experience redness or irritation, make sure you're bathing your lenses in a brand-name solution – generics may contain preservatives that are harmful to sensitive eyes, says *MH* US ophthalmology adviser Dr Kimberly Cockerham. Eye still sore? Buy a hydrogen peroxide solution and the cleaning case specially designed for it. Then watch as the chemical reaction foams away irritants that the multipurpose stuff misses. One downside: hydrogen peroxide takes four to six hours to neutralise; if you try to insert your lenses any sooner, your eyes may experience a chemical burn. Also, the solution must be refreshed daily, which is why this kind makes sense only for people with sensitive eyes, says Dr Thomas Steinemann, a professor of ophthalmology at Case Western Reserve University. Now, if you look in the mirror and continue to see red, we think we know the problem: you. Do you remove your lenses every night? How about replace the case every three months? Time to step it up. A less-than-rigorous routine can lead to keratitis, an inflammation of the cornea that can be caused by bacteria buildup in your lenses and case. And guess what? It's especially common in men.





I stink up the house when I cook fish. What's the best way to clear the air?

– TONY

You need to take action before the salmon even hits the skillet. The muscle tissues in seafood are stocked with trimethylamine oxide (TMAO), an odourless organic compound that helps fish live in salt water, says Dr Jung-lim Lee, an associate professor of food microbiology at Delaware State University. But once fish die and are exposed to oxygen, bacteria produce an enzyme that convert TMAO into trimethylamine (TMA), a process that produces the distinct stink. The longer a fish is out of water, the more TMA is released. So stop the stench by soaking or rubbing the fish in an acidic solution, such as vinegar or lemon juice, Lee says. This does two main things: it suppresses bacterial growth and causes the TMA to bind to the water instead of stinking up the air. Let the fish sit for a few minutes, rinse it with water, then cook. Another option is to dunk the fish in dairy for half hour before cooking. The caseins in milk attach to fish muscle, preventing TMA from evaporating. Both ways keep the fish fresh, not funky.

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Sane servings of the same-old may lead to a leaner you

FAVOURITE FOODS FOR FAT LOSS

Habits aren't all bad: **sticking with one brand of food may help you curb overeating,** say UK scientists. After feeding pizza to study participants, they found that folks who typically varied their pizza brands and types were less likely to find the slices satisfying than those who tended to stay loyal to one. And the greater their dissatisfaction, the more junk they ate afterward. Your expectation of a food affects your enjoyment of it, the authors explain. If it's not what you expected, you might eat more.

PHOTOGRAPH **CLAIRE BENOIST**

Muscle Bulletin



RULE REVERSAL

LIFT AWAY BACK PAIN

Old Rule A guy with an achy back should avoid the deadlift. Period. **New Rule** Deadlifting can ease mild lower-back pain by teaching you to activate stabilising muscles around your spine, a Swedish study reports. "It also strengthens your glutes, which are often weak in men who have back pain," says study author Lars Berglund.

Imbalance of Power

Next time you squat, skip the plates and hang kettlebells from the bar instead. **Lifting an unstable load engages more muscle throughout your body,** a *Journal of Strength and Conditioning Research* study reveals. How much more? The researchers found that activation in participants' quads, calves, and core rose 13, 72, and 86%, respectively. Do this: grab kettlebells that total 50 to 60% of the weight you normally squat, and hang them from the bar with resistance bands, as shown. Do 5 sets of 15 reps. This technique also works for the bench press.

MOVE LESS, GROW MORE

Stay still to bolster your core: **isometric exercises may be the best way to train your core,** according to researchers at the University of Waterloo at Ontario. They found that exercises requiring you to hold a rigid position (like the ones below) boost core stability more than those that don't. "Isometric moves not only extend your core's time under tension but also reinforce its primary job: staying stiff to protect your spine and transfer energy between your limbs," says study author Stuart McGill.



□%

Measurable change in people's strength when they lifted weights while wearing kinesio tape
Source: *Journal of Science and Medicine in Sport*

Hard-Core Triple Play

Each time you train, perform the following moves; they're what University of Waterloo biomechanics expert Dr Stuart McGill calls the "Big 3" of ab exercises. Do 5 sets of 5 reps per exercise, resting as needed between sets.



Plank
Assume a pushup position but support your weight on your forearms. Hold for 10 seconds. That's 1 rep. Rest briefly (2 or 3 seconds) between reps, lowering your hips to the floor.



Bird Dog
Get on your hands and knees and raise your left arm and right leg until they're in line with your body. Hold for 10 seconds. Repeat with your right arm and left leg to complete 1 rep.



Side Plank
Lie on your left side, your legs straight and upper body propped on your left forearm. Raise your hips. Now hold for 10 seconds and repeat on your right side. That's 1 rep.

EDITED **MICHAEL EASTER** ALL BULLETINS **MICHAEL BRANDON MYERS** (ICONS) THIS PAGE **BETH BISCHOFF** (LIFTER), GROOMING **LAURA SHELLEY/DR HAUSCHKA/EXCLUSIVE ARTISTS MANAGEMENT**; **ISTOCKPHOTOS** (TORSO); **ARTHUR MOUNT** (EXERCISE ILLUSTRATIONS)



camel active
MENSWEAR SPRING/SUMMER 2015
VINTAGE TRAVEL ROUTE

The 2015 spring/summer collection “Vintage Travel Route” from *camel active* menswear is inspired by the early 1950s when personalized travel started and became an expression of freedom and personal choice.

The *camel active* accessories complete the “Vintage Travel Route” spring/summer collection 2015. The influence of *camel active* authentic rugged outlook a masculine range of accessories such as wallets and belts completes the *camel active* man’s strong personal style with a consistent attention on practical functionality.

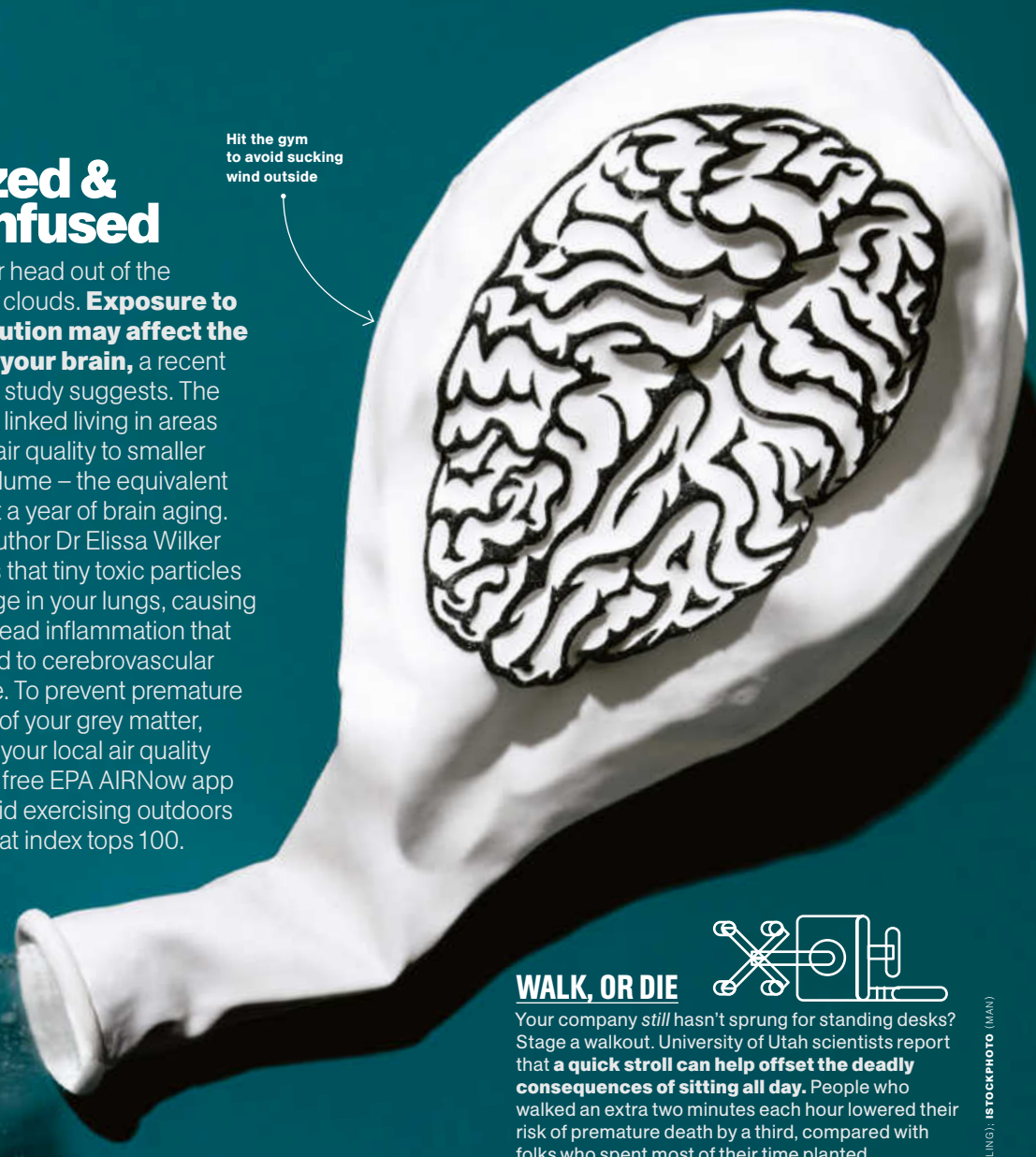
The design of the range of genuine leather wallets, billfolds, coin wallet, key holder and belts are kept classic and functional, while the classic *camel active* rugged features are in the textural finishing of the leathers.

Crafted from genuine leather with different finishing ranging from buttery soft touch leathers to full body grainy oily effect, to sueded-brushed effect give the leather accessories to compliment the authentic *camel active* menswear, shoes and bags.

Health Bulletin

Hazed & Confused

Get your head out of the exhaust clouds. **Exposure to air pollution may affect the size of your brain,** a recent Harvard study suggests. The findings linked living in areas of poor air quality to smaller brain volume – the equivalent of about a year of brain aging. Study author Dr Elissa Wilker explains that tiny toxic particles can lodge in your lungs, causing widespread inflammation that may lead to cerebrovascular damage. To prevent premature greying of your grey matter, monitor your local air quality with the free EPA AIRNow app and avoid exercising outdoors when that index tops 100.



WALK, OR DIE

Your company *still* hasn't sprung for standing desks? Stage a walkout. University of Utah scientists report that **a quick stroll can help offset the deadly consequences of sitting all day.** People who walked an extra two minutes each hour lowered their risk of premature death by a third, compared with folks who spent most of their time planted in a seat. That's one work threat eliminated.

11%

Percentage of US men who, in order to save money, don't take their meds as prescribed
Source: *CDC*

DON'T TOUCH THAT!



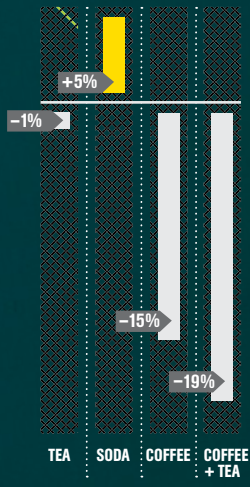
THE KITCHEN DISHCLOTH

Bag the rag. When researchers at Kansas State had people prepare a meal containing raw meat and then make fruit salad, they found that the towels they used harbored more bacteria than the countertops, the sink faucet, and the trash can's handle. Study author Dr Jeannie Sneed says we tend to unconsciously touch the cloth with germy hands or use it to dry them after inadequate washing (less than 20 seconds of scrubbing). If you can't correct these microbial missteps, use paper towels.

Buy Johnson a Coffee

Fire up the auto-drip to avoid the bedroom droop. **Java can reduce your odds of ED,** a University of Texas study reveals. Men who downed the caffeine equivalent of two or three cups of joe a day had a 39% lower risk than guys who took in little or none. Caffeine relaxes penile arteries, boosting bloodflow, says study author Dr David Lopez. While even one cup of coffee can help, a jolt from sugary soda may *increase* your ED risk.

Your risk of ED, based on your caffeinated drink of choice



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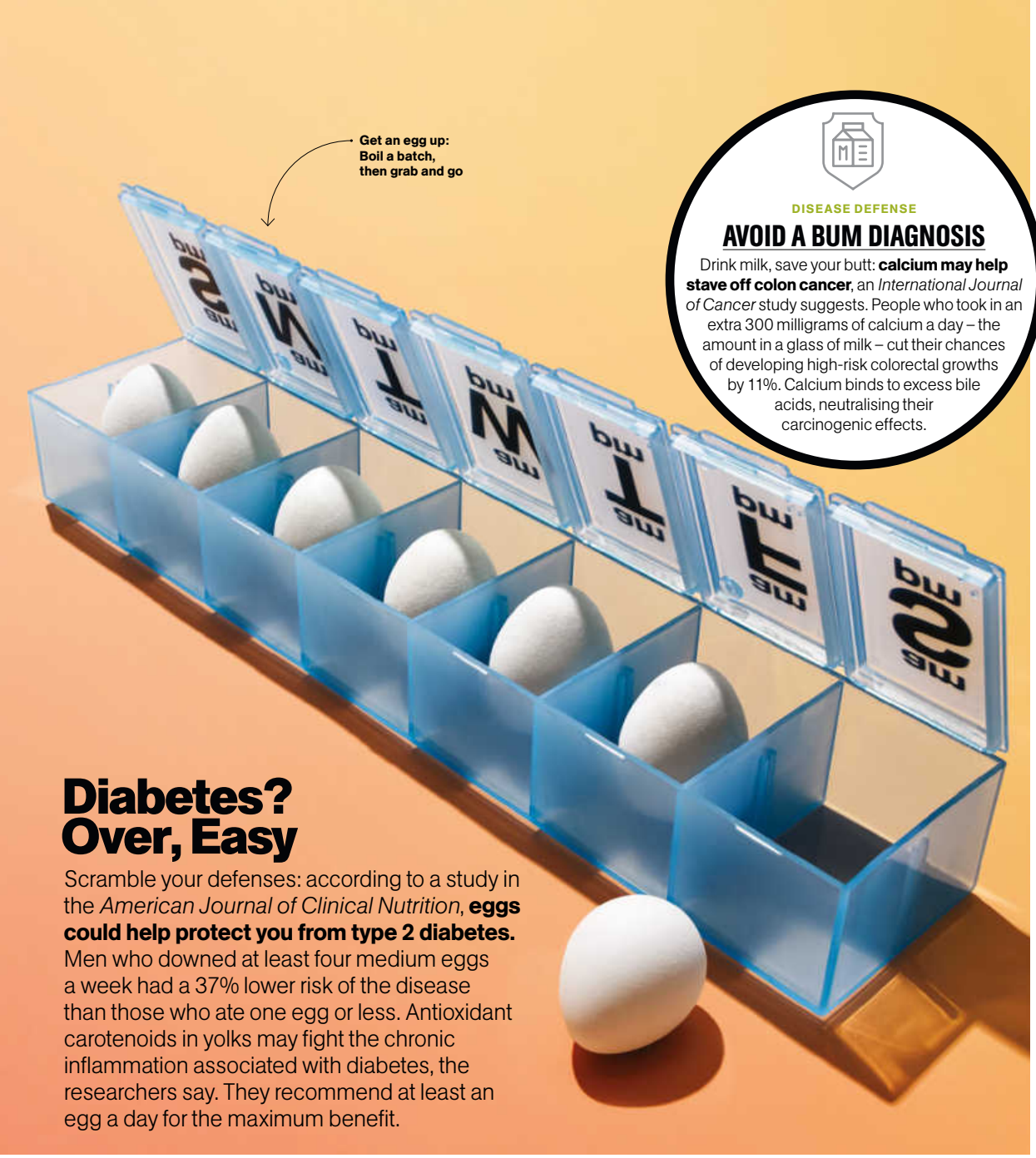
THE PERFECT DRINK TO SUSTAIN YOUR DAILY ENERGY LEVELS



MALT GOODNESS FOR ACTIVE LIFESTYLES

Guinness Anchor Marketing Sdn Bhd (5971-D) Sungei Way Brewery, Lot 1135, Batu 9, Jalan Klang Lama. P.O. Box 144, 46710 Petaling Jaya, Selangor Darul Ehsan.

Nutrition Bulletin



DISEASE DEFENSE

AVOID A BUM DIAGNOSIS

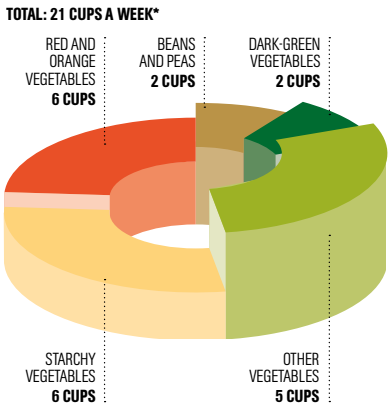
Drink milk, save your butt: **calcium may help stave off colon cancer**, an *International Journal of Cancer* study suggests. People who took in an extra 300 milligrams of calcium a day – the amount in a glass of milk – cut their chances of developing high-risk colorectal growths by 11%. Calcium binds to excess bile acids, neutralising their carcinogenic effects.

Diabetes? Over, Easy

Scramble your defenses: according to a study in the *American Journal of Clinical Nutrition*, **eggs could help protect you from type 2 diabetes.** Men who downed at least four medium eggs a week had a 37% lower risk of the disease than those who ate one egg or less. Antioxidant carotenoids in yolks may fight the chronic inflammation associated with diabetes, the researchers say. They recommend at least an egg a day for the maximum benefit.

Rake In the Roughage

Over 90% of men in US don't meet federal guidelines for vegetable intake.



*For a 81.6kg man who averages 5 hours of activity a week

JEDI MIND TRICK



SNACK FIRST, THEN SHOP

Eat a healthy snack, like a piece of fruit, before you go grocery shopping. Doing so tricks you into buying 25% more fruits and vegetables than if you hadn't snacked.

How It Works Healthy noshing before buying food primes your brain for the decisions you'll make inside the supermarket, according to researchers at Cornell University.



FLAX OF LIFE

Feeling hypertense about hypertension? **Eat flaxseed to keep your blood pressure in check,** say scientists in Australia. People who ate 2 to 4 tablespoons of whole or ground flaxseed daily saw their systolic BP drop by 3.4 points, enough to cut their stroke risk by 10%. The alpha- linolenic acid in flax may reduce the amount of fatty acid byproducts in your blood, preventing the narrowing and blockage of arteries, the researchers say. Toss whole seeds on soups, salads, and cereals.

25

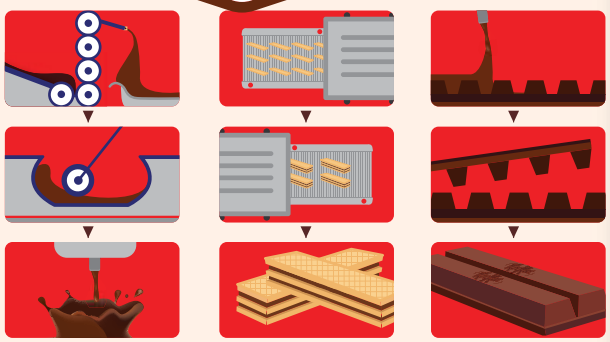
Percentage less fibre found in frozen carrots than in fresh ones

Source: *Journal of Agricultural and Food Chemistry*

EDITED **LILA BATTIS;** PROP STYLING **MEGUMI EMOTO/ANDERSON HOPKINS; ISTOCK** (BAG & FLAXSEED)

A Taste of Goodness with Nestlé KitKat

HOW WE MAKE DELICIOUS KIT KAT®!



We make the chocolate with selected **ingredients** + We bake our wafers to a golden brown **perfection** = We mould them together into delicious **KIT KAT®!**



MALAYSIA'S FAVOURITE KIT KAT®

1935 Created as Rowntree Chocolate Crisp

1937 Renamed to **KIT KAT®**

1988 Joined the **NESTLÉ MALAYSIA** family

KNOWLEDGE NUGGETS

1 DOES CHOCOLATE GIVE ME ACNE?

Acne comes from a variety of factors such as your overall diet, stress levels and hygiene.

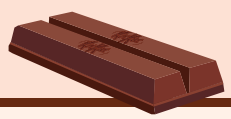
2 DOES CHOCOLATE MAKE ME FAT?

In moderation, chocolate won't affect your weight. A healthy lifestyle will keep your body fit and obesity at bay.

3 DOES CHOCOLATE CAUSE TOOTHACHES?

Take sweet snacks in moderation, and have good oral hygiene habits to keep your teeth strong and healthy.

WEIGHING UP THE CALORIES & FAT IN FOOD

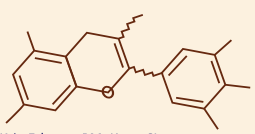
	KIT KAT® 2F (17g)	BUTTER CAKE (36g)	CHOCOLATE COATED DOUGHNUT (60g)
			
	90kcal	180kcal	250kcal
	5g	11g	12g

*Values provided are based on per serving size. Food Composition Guide, Singapore 2003

Have a break with **NESTLÉ KIT KAT® 2 Fingers.**
It's a less caloric snack compared to a regular doughnut or cake.

GOOD TO KNOW

1 Certain types of chocolate contain flavonoids, which have antioxidant properties.*



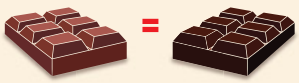
*Kris-EthertonPM, Keen CL, CurrOpinLipidolFeb 2012

2 Cocoa phenols are found to prevent the bad cholesterol from causing plaque build-up in the arteries.**



**Baba et al., 2007, Am J ClinNutrMarch 2007

3 Most chocolate have similar amounts of calories, which means you can eat milk chocolate and dark chocolate in the same moderate amount.***



***http://www.healthcastle.com/chocolate.shtml

4 Calories are a measurement of energy in food. Regular exercise helps burn those calories from food.



Nestlé Products Sdn. Bhd. (4229-H)
MS 1500:2009
1019-06/2004

Have a break, have a Kit Kat.®

Nestlé®
Good Food, Good Life



Blessed be the ties that bind... her pretty wrists together

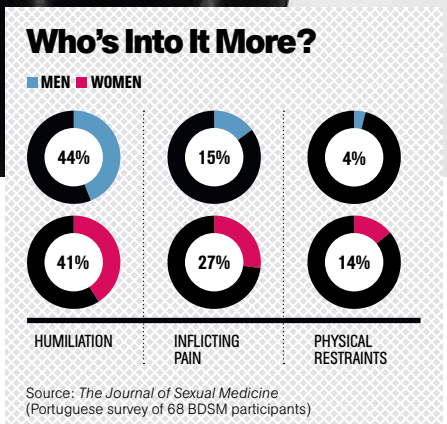
What's Knot to Like?

Can tying her down free her up? **Women who are into BDSM say it helps them worry less about staying aroused,** a new Portuguese study reveals. And removing that stress can lead to more satisfaction. Men also say kinky practices reduce their anxieties about staying hard and achieving orgasm. "BDSM broadens the ways you can have sex," says Dr Richard Sprott, coauthor of *Sexual Outsiders.* "If one particular area feels uncomfortable or doesn't work very well, there are other ways."

Humiliation: How It Works

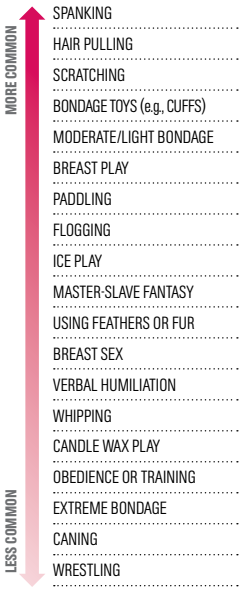
Those nasty words trigger a rush of feel-good endorphins as your brain tries to ease your pain, says Sprott. (It has a hard time distinguishing between physical and emotional injury.) But go easy: insult your partner in a way that's also erotic. For example, instead of body shaming, say something like "You're a dirty, dirty girl."

Who's Into It More?



Source: *The Journal of Sexual Medicine* (Portuguese survey of 68 BDSM participants)

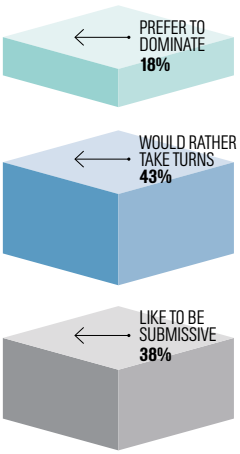
What Kinky Women Do



Source: *Archives of Sexual Behavior*

The Power Equation

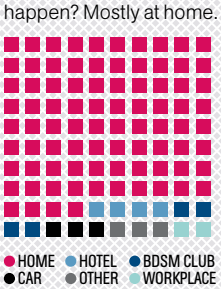
More people want to be dominated than dominate, but taking turns is most popular.



Source: Lelo

Secret Places

Where does this stress happen? Mostly at home.



Each square represents 1%.
Source: *The Journal of Sexual Medicine*

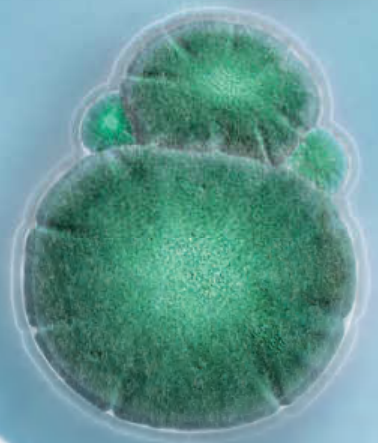
28

average age when people start to dabble in kinky sex
Source: *The Journal of Sexual Medicine*

EDITED **LAURA TEDESCO** PHOTOGRAPH **ISTOCKPHOTO**

Athlete's Foot. Unfortunately, it's as bad as it looks.





But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.

K.K.I.I.U 0260/2015



BAYER

Canesten®

Trusted brand in eliminating fungal infection



"I don't always respond when someone starts a conversation with me on Facebook with 'Hey'. I just think, 'What do you want?' I'd say be direct from the beginning."

WORDS **ANIS TAUFIK** PHOTOGRAPH **MARCUS WONG** GROOMING **SUANNE HEE**

The Eastside of Gabriel

Timur Gabriel's the newest personality on the 8TV Quickie. She talks about what it's like to balance work and play, and how you can get it on with a spunky girl like her

ARE YOU PREPARED FOR TIMUR GABRIEL'S CONFESSION? "I KNOW IT'S A BIT OF A GEEKY thing to say, but studying is almost a hobby for me. I'm a huge bookworm. I'm always reading and I love to read. You'll find a lot of books in my room – it's just scattered everywhere."

The 8TV Quickie television host adds that despite being in the entertainment industry, she doesn't really keep up with television shows. "I know a lot of shows, but I'm not the kind of person who keeps up with them – it's too time consuming." The 21 year old shares that being passionate about reading definitely helps when you're doing a double degree in psychology and business management. She describes what it's like to juggle a full course and demanding job at the same time, saying, "I get home around 12.30 am and I'm really tired, but I'll revise a bit if I have a test the next morning. I'll sleep at 3 am and get up to go to college the next day."

Timur shares a highlight of her career so far, saying "I recently went to Berlin, Germany to cover the world premier of Terminator Genisys – I met Arnold Schwarzenegger! I was so excited." She opens up about her plans, saying, "This is the best year of my life so far and I'm making the most of my youth. I'm planning to do as much as I can while I'm in the industry."

Is all fair in love and war? Timur Gabriel opens up about what girls really want and how you can score that hot date

TRY YOUR LUCK

"Shy guys sometimes find it difficult to approach extroverted girls because they think they'd react badly. Confidence and extroversion often gets a bad rep, but you have to understand that they don't necessarily translate to rudeness. Have a bit of faith and just approach them. Put in your effort; if it doesn't work out, don't take it too hard and move on."

BE CLEAR ABOUT YOUR INTENTIONS

"I don't always respond when someone starts a conversation with me on Facebook with 'Hey'. I just think, 'What do you want?' I'd say be direct from the beginning. Be polite, be gentlemanly, don't be pushy, don't be cocky. Say that you have interest, but don't force it either. That's a good way to ask her out. Preferably in person as well."

PLAY THE PART OF A MAN

"There's a misconception about independent girls: that she can cover her own bill, open her own door, shut her own door and doesn't need to be picked up. That's true, but that's also not how a date should go. If you ask me on a date with you and don't pay for my dinner – I'm going to get annoyed. So know when to be a gentleman and act your part."

SHOW SOME CLASS

"I once came out of my room with my make up bag and started putting it on. The guy I was dating at the time came up to me, looked at me and just went "Eeeh. Put some make up on." In front of all our friends! That was so rude. It was probably my worst experience with a guy."



My girlfriend's best friend made a pass at me. Now what?

– VOON

When it comes to female friendships, they are best equipped to handle whatever misunderstanding between themselves. Avoid giving her a reason to defend her friend and start an argument with you. Let your girl know that you're uncomfortable being around her so-called "best friend" because you get a weird vibe from her but leave out the details. Paper can't cover up fire and in due time, all of her underground flirting will come to light. Let the ladies handle it then.

ASK US NOW

Email our regular contributor Vivian Chong your questions on women, love, dating and sex at **editor@mens-health.com.my**

My girlfriend wants to move in together but I don't think I'm ready for that kind of commitment. Help!

– MARCUS

Man up and just tell her how you feel. The reason? Living under one roof inches your relationship towards the white aisle and unless she's the one you're willing to make a vow to, don't hastily agree to play house. Cushion the blow by letting her know she can come over and stay the night whenever she wants; you can even go as far as giving her some wardrobe space for her to store an extra change of clothes. If she's a keeper, she'll understand: not owning a set of keys to your crib doesn't mean she doesn't have your heart.

What do you give to a woman who isn't particularly feminine? We're celebrating our one-year anniversary.

– RASYID

Just because a woman isn't feminine doesn't mean she won't appreciate feminine gifts. I assume by "feminine" you mean flowers, jewellry, teddy bears and the likes. After a year, you should know what she enjoys. If you're concerned that getting her a necklace would be pointless and underappreciated, perhaps take her on a shopping excursion where she can pick out one thing she'd like to own. Prepare a nice card that has a coupon inside for the excursion so she doesn't assume it is lazily put together.

I thought our first date went well but she stopped responding to my text messages and phone calls. Is it over before it even began?

– RAMESH

Her behaviour is a rejection method netizens have coined "ghosting." Basically, the other party pulls a disappearing act and you're left thinking of all the possible horrendous situations that prevented them from not being able to answer their phone or respond to text messages. In the harsh world of dating, not everyone has matured to the point where they operate out of accountability and common courtesy. When someone "ghosts" you, they are saying with no words at all that the relationship is not what they want.

My girl has been best friends with this guy since childhood. While they have no romantic relationship, I can't help but feel jealous of their closeness. Am I the third wheel?

– PETER

It is possible for a guy and a girl to have a deeply rooted friendship. While that friendship may have sprung from a mutual attraction or love for certain hobbies and like-minded conversations, one or both of them have made the decision not to be involved romantically. Instead of choosing her friend who is causing you much insecurity, she chose you so clearly there are qualities you possess that she desires in a partner. Over time, you two will also build your own inside jokes and share moments that bring you two closer.



BUILD A SEDUCTION PLAYLIST

Want to turn a late-night cocktail into an all-night encore? Let William "Fuzzy" West, director of special projects at Beats Music ("a new kind of streaming music service"), show how it's done

BEGIN WITH AUDIO FOREPLAY

Start with a sexy bass line – just avoid the obvious slow jams. "That's like walking into the room with your pants already at your ankles," says West. Try *"What You Won't Do for Love"* by Bobby Caldwell.

GIVE HER SOMETHING FAMILIAR

Cue up a couple of songs by such artists as Rihanna, Beyoncé, Justin Timberlake, or Marvin Gaye. Once her hips start to sway, you move in a little closer.

BRING ON THE SLOW JAMS

After five or six songs, it's finally safe to switch over to a slower, more sensual love song by John Legend. Now make your move. – *Madeline Haller*

PHOTOGRAPH ISTOCKPHOTO

Now Available at

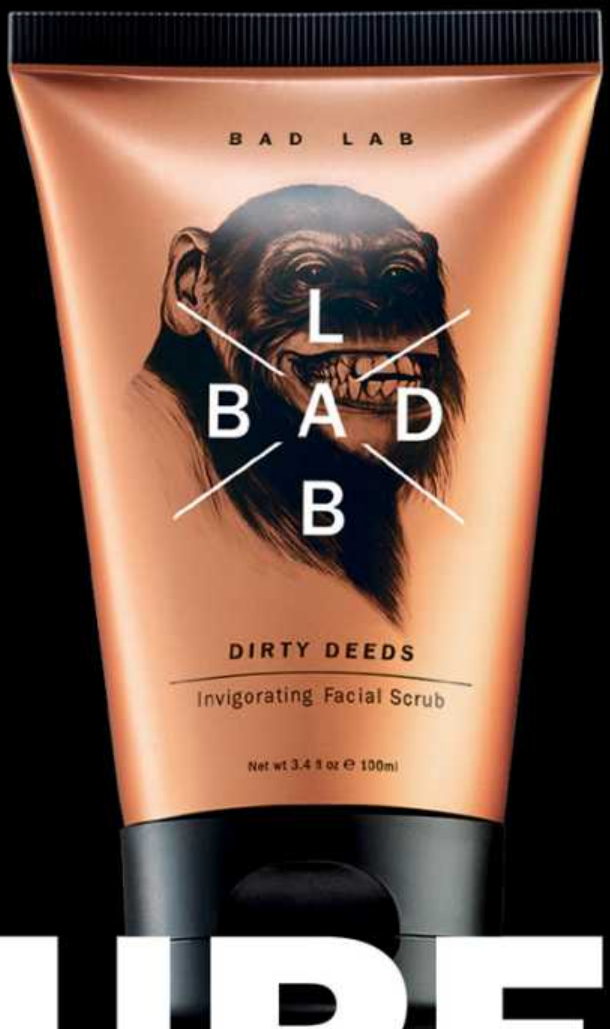
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Giant

BAD LAB

L
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BRAVE AND DARING LABORATORY



CURES EVERYTHING

BUT UGLINESS

WITH CROTON LECHLERI DRAGON'S BLOOD + BLUE STONE LAPIS LAZULI

THE ALL-NEW PERSONAL CARE RANGE FOR THE UNCONVENTIONAL MAN
AVAILABLE AT BADLABCO.COM



Squeeze out the truth

Watch Your Mouth

Is toothpaste marketing anything but a load of hogwash? MH helps you brush up on the scene

WE'D WAGER YOUR LAST TUBE OF TOOTHPASTE WAS SELECTED FOR its price and packaging rather than contents. Words such as "Ultra-white enamel protect!" gleam on the box, but what ingredients are used to deliver on these promises? With so many brands competing for your cash – some using chemicals with unproven benefits – *MH* looks beyond the spiel to find out if you're being rinsed.

01\ BE SENSITIVE

Unless you have sensitive teeth, the only ingredient you need is fluoride. According to the British Dental Health Foundation, your toothpaste should pack 1350-1500 parts per million to shield enamel against plaque and acid. If sensitivity is the issue, the desensitising agent strontium chloride will help, blocking pain like a mini Pacquiao. You want to smile, not grimace.

02\ THE WHITE CHOICE

Whitening brands talk a good game. In reality, the ***British Dental Journal*** reports, most pastes fall short on chemical stain removal. At most they lift surface stains, but they can't change the base colour – you need heavy artillery and a dentist for that. Head to the kitchen instead; rinsing your mouth with bicarbonate of soda post-cafetiere helps to temper discolouration.

03\ FIND FRESH EVIDENCE

If your breath has made colleagues wince, you might have tried out an anti-odour paste containing antibacterial triclosan. But the jury's still out on it; in one study it led to a 22% reduction in gingivitis, but "evidence for it being beneficial in gum disease is unclear," says Professor Ian Needleman*. The smell can often be traced to bacteria on your tongue – give it a scrub.

04\ CLEAN BILL OF HEALTH

Toothpaste foams because of the sodium lauryl sulphate (SLS) in most varieties. This works like soapsuds to wash off mealtime debris. But it has also been linked to mouth ulcers for those who suffer from sensitive gums. If this sounds familiar, opt for an SLS-free version (Sensodyne Gel *watson.com.my RM10.65*) to keep your kisser in peak condition for more palatable activities.

05\ LOST IN THE WASH

That gritty quality in pastes is courtesy of hydrated silica, an abrasive used to combat tartar. Beware brands that promise to eliminate "tough stains" as they often contain belt sander-strength grit that can harm enamel. Our final word: spit, don't rinse. If you wash off the fluoride, many of its benefits are lost. The drop in your dental bills will give you something to smile about.

*PROFESSOR OF RESTORATIVE DENTISTRY AT UCL | PHOTOGRAPHY **ANDY PARSONS AT HEARST STUDIOS** | RETOUCHING **ANTHONY HAMMOND AT PRE MEDIA** | PROP DESIGN **LOU BLACKSHAW**



ALL UNDER ONE ROOF

We're all searching for the next big thing when it comes to fitness and workout regimes. From the latest exercise trends to the newest superfood, Malaysians are finally embarking on a quest to eat better, feel stronger and look great. Wellness is a 360-degree approach and every aspect of your health should be considered. So what happens if you don't have the time to do everything you can to achieve your ideal body weight and fitness?

While some gyms have an impressive array of the latest equipment and the best trainers around, SCITEC NUTRITION SUPPLEMENT STORE AND FITNESS CENTRE has all this and more. As one of the leading manufacturers of sports supplements, with their own factory to boot, SCITEC NUTRITION has grown to become one of Europe's leading dietary supplement brands with over 700 varieties for you to choose from and in 135 flavours to suit all taste preferences. And they don't intend to stop there! In fact, they are the top whey protein provider in the world—selling 120 million servings annually in 50 different flavours with premium quality ingredients.

Here's where it gets better: SCITEC NUTRITION MALAYSIA is also the first to introduce the concept of a supplement store and fitness centre in Malaysia, all rolled into one. This comes in handy if you're a beginner and don't know where to start when it comes to supplements and exercising, what to take to hit your goals, and the healthiest and the fastest way to get on the right track. Their gym provides nutrition and fitness seminars to members and a venue for them to achieve all this under their trainers' care and expertise.

With an affordable membership fee and a comfortable workout environment, SCITEC NUTRITION SUPPLEMENT STORE AND FITNESS CENTRE emphasises overall training that includes RIP 60, TRX, battle ropes, kickboxing and weight training. You can also enjoy many other classes like yoga, belly dancing and Zumba. When you're done, you get to chill out at the juice bar area and refuel with yummy and nutritional juices. With professional personal trainers at your disposal to give training and supplement tips, you'll get your ideal bod in no time at all.





SCITEC NUTRITION®

SCITEC NUTRITION SUPPLEMENT STORE AND FITNESS CENTRE is located at: No. 59-1,2 & 61-1,2, Damai Niaga 1, Alam Damai, 56000 Cheras, KL.

SCITEC NUTRITION MALAYSIA scitec_malaysia Contact number: +603-9076 8662 Website: www.sciteconline.com.my

DRUGS TEST

PRE-WORKOUTS

A top potion and tough workout can be a marriage made in heaven. Before you commit, be sure you've found 'the one'

FUELLING GAINS

RUNNING ON EMPTY

L-CARNITINE

Dosing up before you hit the gym will boost strength and reduce lactate buildup, says the International Society of Sports Nutrition. You can go heavier and squeeze out even more reps.

VITAMINS C & E

These antioxidants have had mixed reviews of late, but a new study by the Canadian Uni of Sherbrooke shows they enhance your gains from resistance training. Worth another pop.

NITRIC OXIDE

Supps aren't just for gym-goers, but if you're searching for pre-run pep, steer clear of this one. It oxygenates your muscles but also lowers blood pressure – risky among the aerobic elite.

DMBA / AMP-CITRATE

Slowly creeping into pre-workout pills, this is the legal high of the supp world. Similar to the amphetamine-like DMAA, it could play havoc with your heart, Harvard profs warn.

WEIRD SCIENCE

YOUR MENTAL STEROID

Meditating immediately after a workout boosts your levels of human growth hormone and testosterone

Five Pills for a Longer Life

Make an HRH telegram more likely with this supplementary cocktail. Salt-rimmed glasses not included



There's an easy way to make ageing more palatable

You don't need to live in fear of the Reaper to see the appeal in cheating him. But the extra candles on your cake are only worth it if your twilight years are healthy ones. So instead of going gently into that good night, heed this advice from McMaster University scientists. They identified the five mechanisms behind ageing†, then created a cocktail of supplements to combat them. One of the main ingredients in the fountain of youth is ginseng, which also fights dementia to keep you astute. Mixed with selenium, green tea, ginkgo biloba and ginger extract, it holds the key to extended – if not yet eternal – youth. Drink it in and rage against the dying of the light.

ENERGY ON TAP

For a day-long caffeine jolt, minus the jitters, use this formula from Nasa engineer Mark Rober. You need 400mg, and we've worked out the servings for you. Bottoms up



SOURCE OF POWER		CAFFEINE PER SERVE	YOUR IDEAL DOSAGE
	BREWED COFFEE	330mg	1.2
MONSTER	CAN OF MONSTER	160mg	2.5
Coca-Cola	DIET COKE	43mg	9.3
NESCAFÉ	INSTANT COFFEE	63mg	6.3
Red Bull	RED BULL	80mg	5.0
TWININGS	BLACK TEA	47mg	8.5
	CAFFE LATTE	150mg	2.7

†THAT'S OXIDANT STRESS, INFLAMMATION, MITOCHONDRIAL FUNCTION, INSULIN RESISTANCE AND MEMBRANE INTEGRITY. SINCE YOU ASK. PHOTOGRAPHY **ROWAN FEE** PROP DESIGNER **EMMA CALDER**

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Radio & TV Presenter
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Squat Your Way to the Top!

We talked to #MHCoverGuy15 winner Matthew Pyne to find out why squats are a staple in his workouts. Improve your squat game and reap the benefits



SQUATS Place a barbell over your upper back with an overhand grip with your feet shoulder-width apart [A]. Lower your body until your thighs are parallel to the floor and keep your back as straight as possible. Press from your heels and drive the weight upward slowly as you return to the starting position [B].

"Focus on depth when you do squats", Matthew Pyne says. "Remember, you gotta go ass to grass, but keep the lower back straight and always look up."

WORDS **ANIS TAUFIK** PHOTOGRAPHS **SAMIEN KHOO/VIPHOTOGRAPHER** LOCATION **CELEBRITY FITNESS MID VALLEY**

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Throwing Punches at Obesity

Dinesh Karna Ganesan was on the fast track to cardiovascular disease until a much-needed reality check shook him up. Find out how he reversed and improved his health prospects, and how you can too



DINESH KARNA GANESAN'S PHILOSOPHY FOR weight loss is simple – his commitment to fitness is not a fad but for life. And it should be, given how far he's come on his own weight loss journey.

"I started my business in my late 20s and by the time I was 35, had gained over 20kgs," he says. He'd always eaten fairly healthily but, in a matter of years, went from being a fit youngster who ran long-distance to an overworked and overweight businessman.

The impetus for change came in his mid-30s when Dinesh was told by his doctor that he was a prime candidate for heart disease. He realised he needed to get into shape to reverse the effects of his high blood pressure. So he turned to his teenage sport of choice – taekwondo.

"I decided to make a change and since I loved martial arts, I started there," he says. That crucial first step came in the form of a kickboxing class. He loved it, and it sparked a domino effect on his fitness and nutrition education. He started doing all the right things: drinking plenty of water, cutting sugar and processed foods, training more often, and concentrating on what his body needed rather than wanted.

In his first week, Dinesh lost 2 to 3kg. He rapidly lost the next 7kg but plateaued when he lost 10kg. It would've been easy to be discouraged, but Dinesh didn't let this dissuade him. Despite slow recovery times and often feeling sore and lethargic early on, he persevered with his healthy-eating and fitness plans. Now, two years later, he is slim, trim and 31kg lighter.

Dinesh trains three times a week, and is a second-degree black belt and kickboxing instructor to boot. Just don't mention the D-word. "Dieting is a bad word as people tend to associate it with not eating. It is all about eating clean and getting good sources of protein and nutrients," he says.

Making positive and meaningful change in your life comes from within. Dinesh knows firsthand the benefits that come with working hard, and sticking to – and building – your guns. He preaches patience and these wise words: "Change is going to be slow and it starts by taking the first step. I'm not saying it's going to be easy, but all the money in the world isn't going to buy you health. I just turned 40 and I'm fitter than I was when I was 20."

Workout Routine

Dinesh does martial arts training comprising the moves below three times a week:

15 MINUTES stretching

30 MINUTES pad work (boxing)

30 MINUTES heavy bags (kicks)

15 MINUTES abs work (leg raises, planking, crunches, sprawling, etc.)

15 MINUTES cool down stretches

Diet Regime

BREAKFAST:
Two egg whites (any style)

MID MORNING SNACK:
Banana or any other fruit

LUNCH
Two portions of vegetables, one portion of any protein and no rice

MID AFTERNOON SNACK
Nuts, almonds, peanut butter or banana

DINNER
Two portions of vegetables and fish or chicken



BEFORE: 100KG

AFTER: 69KG

NAME: DINESH KARNA GANESAN
AGE: 40
HEIGHT: 169CM
TIME TO REACH GOAL: 2 YEARS

WORDS **JUNE SEE** PHOTOGRAPH **HIZWAN HAMID**

SPORTS DIRECT.COM

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X-LITE VEST
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RM **69**



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452278
X-LITE 1/2 ZIP TEE
RRP:249
AVAILABLE IN 3 COLOURS
RM **89**



ADIDAS S14720
RESPONSE RUNNING
RRP:90
AVAILABLE IN 2 COLOURS
RM **75**

ADIDAS S17995
SPORTS ESSENTIAL
MID PANTS
RRP:140
RM **109**





KARRIMOR 453698
X-LITE RACE SHORTS
RRP:179
AVAILABLE IN 3 COLOURS
RM **69**



KARRIMOR 453481
LONG RUN SHORTS
RRP:179
AVAILABLE IN 3 COLOURS
RM **57**



EVERLAST 128009
SPRINT TRAINER
RRP:399
RM **159**



KARRIMOR 211004
DUMA 2 RUNNING
RRP:459
AVAILABLE IN 5 COLOURS
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KARRIMOR KR15005
RAID 5 WAIST BELT
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*UNDER ARMOUR NOT AVAILABLE IN SPORTS DIRECT TESCO EXTRA BUKIT TINGGI KLANG, TESCO EXTRA SEBERANG JAYA PENANG, TESCO EXTRA IPOH GARDEN MALL, TESCO EXTRA DESA TEBRAU MALL JB

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Get Outdoors & Off-Road

Pick the right vehicle for the job. You won't be able do it in a little hatchback – the terrain will tear it apart. Something tough and capable is needed, so we've picked out four sweet rides



PETROLHEAD
Qhalis Najmi, our regular motoring contributor, is an experienced automotive journalist and photographer.



HONDA CR-V 2.4

The softest off-roader in our selection, the Honda CR-V is one that does the urban commute superbly, not just as a family car but also as the daily roundabout vehicle. The soft-roader revolution picked up in the early 2000s and the CR-V became one of the popular choices as it can be treated as a go-anywhere vehicle. Its practicality is almost second to none, but its deep, dark secret lies in the great outdoors. It is great for adventure-orientated individuals, and a little minor off-roading won't hurt. But leave the deep-jungle activities for the more serious off-road machines. *honda.com.my RM138,069 onwards*



SUBARU FORESTER 2.0 XT

From a brand that's deeply associated with rallying, the latest-generation Forester would feel nothing but at home off-road. Standing as one of the best All Wheel Drive systems on the market, the Forester is fitted with Subaru's "X-Mode", which, when activated, optimises the AWD to detect potential slippery surfaces, steep inclines and rough surfaces off-road. The Forester is also to be treated as a speed weapon both on- and off-road with its 240bhp and 350nm 2.0-litre Boxer power unit. A sweet all-rounder that is very capable. *motorimage.net/my RM214,596 onwards*

FORD RANGER

Its sheer size delivers some presence and its macho outlook has quickly made it extremely popular in Malaysia. But that tough exterior is not just for show – the Ford Ranger is proper off-road machinery. Choose between 2.2 diesel and the 3.2 Wildtrak – obviously bigger is always better! It's the more utilitarian choice, and every part of the car, including the interior, is rugged and ready for rough use. Even if you're not an outdoorsy guy, the Ranger will get you excited to go off-road. *ford.com.my RM119,350 onwards*





CHEVROLET COLORADO MUSCLE POWER

Chevy has one of the toughest trucks on the market. The Colorado in LTZ Muscle Power form comes fitted with a GM-derived 2.8-litre turbo-diesel power plant that delivers plenty of torque (500nm of it!) for when the going gets rough. Gizmos like the hill descent control system fitted on this pick-up truck will be appreciated by beginners. Its off-road capabilities are matched with decent on-road usability, so when you're done with the great outdoors, shift it into "D" and take the urban drive home in comfort. *chevrolet.com.my RM95,888 onwards*



ALL-NEW TRITON

ADVENTURE NEVER ENDS

178 PS MAX POWER

400 NM MAX TORQUE

3 YEARS WARRANTY OR 100,000KM (WHICHEVER COMES FIRST)

2 YEARS FREE MAINTENANCE**

Now in its 5th generation, the All-New Triton VGT gives you the toughness and utility of a pick-up truck with the comfort of a passenger car. It also comes packed with first-in-class features like Keyless Operation with Push Start Button and Xenon HID Headlamps with Daytime Running Lights. Paddle Shifters in a pick-up truck? That's right. Enjoy manual-like access to raw power with a pull of a lever. New to the legendary Triton are the 4WD Selector, Dual Zone Climate Control and Cruise Control. The VGT engine is unrivalled, making it the most powerful* in its class. It also boasts a best-in-class turning radius for all variants, making it perfect for tight gaps and narrow parking lots. The iconic and stylish J-line has also been updated for better functionality by maximising interior space and retaining a spacious cargo area. Ready for your next adventure? Test-drive one today.





VGT ADVENTURE: RM 108,274

VGT AT: RM 98,550 | VGT MT: RM 92,115 | MT: RM 83,163 | QUEST: RM 67,604

OTR price without insurance (GST inclusive). Prices applicable to Peninsular Malaysia only.

FIRST-IN-CLASS



PUSH START BUTTON



KEYLESS OPERATION



PADDLE SHIFTERS



XENON HID HEADLAMPS WITH DAYTIME RUNNING LIGHTS

NEW



4WD SELECTOR



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Features in each variant may differ.

*Most powerful pick-up in 2.5L engine category. Applicable to Triton VGT only. **Terms and conditions apply.

Customer Care Line : 1800 18 6111 (Monday – Friday, 9am – 5pm) www.mitsubishi-motors.com.my www.facebook.com/MitsubishiMotorsMalaysia

Mitsubishi Motors Malaysia Sdn Bhd (680028-M)

How to Make the Perfect Blend

If you're craving a liquid breakfast or are in need of a pick-me-up, nothing beats a delicious, wholesome smoothie or freshly juiced fruits or veggies. These high-tech machines will help you whip up quick and healthy meals or sustenance on the go





Panasonic MX-GM0501 Personal Blender

Ideal for quick breakfast eaters, the MX-GM0501 Personal Blender is a simple yet effective blender that gets the job done easily. The 450W motor and durable blades pulverise your ingredients – sorry, not ice – into a smooth blend. The 500ml On-the-Go Jug can be removed and used as a bottle, so you can blend and go without the mess of transferring contents and cleaning up. Trips to the gym with your protein shake have never been more convenient. *panasonic.com/my RM139*



Tefal Blendforce Maxi Glass BL233

The Tefal Blendforce Maxi Glass BL233 is the epitome of a powerful kitchen appliance. This is thanks to its Tripl'Ax Technology, which consists of six blades working in three combined actions to give you the ultimate blending experience. With a 600W motor and five-speed options with pulse settings, it blends almost anything into perfectly smooth textures. In addition, the 2L glass jug is thermal shock resistant, letting you blend ingredients up to 85°C. *tefal.com RM299*



Philips Avance Collection Juicer

If you prefer making your favourite juices in bulk, you'll be happy to know that the Philips Avance Collection Juicer lets you juice up to 2.5 litres at one go. Thanks to its innovative extraction system, the Avance Collection Juicer produces 10% more juice without you having to empty the pulp container. The XXL feeding tube allows for bigger pieces of fruit so you do less cutting, while the single pulp collector enables easy and effortless disposal. *blipmy.com RM799*



Kenwood kMix BLX51

Nothing beats having a refreshing ice-blended beverage on a hot day. The Kenwood kMix Blender BLX51 comes with a powerful 800W motor to blend smoothies, soups and dips, and crush ice for that well-deserved after-gym treat. The blender makes an attractive addition to your kitchen as well, thanks to its streamlined design and a sturdy die-cast aluminium body. Besides that, the kMix features a 1.6L glass goblet, user-friendly programme selection dial, and a push-button for easy pulse control. *harveynorman.com.my RM699*

WORDS **IVAN CHEONG** PHOTOGRAPH **ISTOCKPHOTO** (JUICE)



TOUGHER, SAFER AND MORE PRACTICAL

Designed to be the "Ultimate Sport Utility Truck", Mitsubishi's all-new Triton combines the comfortable interior of a passenger car with the functionality and reliability of a pickup

Muscular, sleek and cutting-edge styling which evokes the form of a well-honed athlete, the all-new Triton provides generous interior space, ample payload capacity, and superior handling. The aerodynamic design is streamlined and provides a low coefficient drag of 0.42Cd, leading to better fuel mileage, acceleration and handling with less noise. In addition, the iconic "J-line" between the cabin and rear deck is improved for better functionality by maximising interior space and retaining spacious cargo area while retaining a timeless touch of class. The all-new Triton is available in five variants with prices ranging from RM67,604 to RM108,274.

**Prices applicable to Peninsular Malaysia only.*

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TURNING RADIUS
5.9M (4WD VARIANTS ONLY)

178 PS
MAX POWER

400 NM
MAX POWER

To find out more about the all-new Triton, please visit
www.mitsubishi-motors.com.my



Don't Sweat the Spa Stuff

We know the frenetic pace of modern life can get to you at times. Check out our list of four alternative spa treatments that'll help you walk away happier and healthier



Sweat It Out

The perks of breaking into a good ol' sweat aren't exactly anything new and you've probably used the gym sauna to complement a workout. But at Sweat Spa, they do things a little differently. For starters, the saunas rely on infrared heat rays (not conventional steam) to raise your body temperature. Stepping into a Sweat Spa sauna box is like walking outside on a bright day – you experience a burst of warmth from within, kicking into motion the necessary, natural mechanisms that aid detox. Here's a bonus point: you can choose the type of infrared heat – near, mid and far – to target specific health conditions like pain relief, not to mention improving circulation and lowering blood pressure. Hitting the sauna could help you lose weight too; according to Sweat Spa, spending 40 minutes in an infrared sauna can burn up to 600 calories.

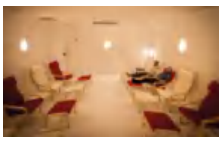
www.sweatspa.com



Beam Me Up, Scotty!

The floatation tank at Be Urban Wellness is probably the closest you'll come to an outer space experience – you'll be released from gravity and temperature, as well as sensations like touch, sight and sound, thanks to the extremely high salt solution for an environment akin to the Dead Sea. Some common benefits include stabilising your body's hormonal and metabolic systems, but our curiosity was piqued by its effects on the psyche. Floating weightlessly balances out left and right brain activity, and encourages the release of endorphins, which are vital for creativity and imagination. Balraj Pannu, general manager of Be Urban Wellness points out that the average individual utilises just 11% of his total brain power – a floatation tank session lets you tap into a vast, previously unavailable source of self-visualisation.

beurbanwellness.com



Cave into Salt

The conventional hermit might have opted for a solitary cave to achieve enlightenment, but if you're trapped in the city, check out SOL Integrative Wellness Centre's salt cave. The cave owes its namesake to the layer of Red Sea salt on the floor and walls, offering an alternative treatment for health ailments like asthma, cystic fibrosis, eczema and even hay fever. The salt cave's unique microclimate is a result of ground up, dry rock salt particles dispersed throughout the space. Though invisible, the particles contain a punch of minerals like potassium and magnesium, which curbs inflammation and unclogs mucus from airways. But before you exhale in relief, consider this: additional perks linked to taking time out in the salt cave include lowered stress levels, better sleep quality and improved game play on the field for sporty guys.

www.sol.com.my



Hum the Hammam Tune

Here's a secret the ladies have been keeping away from you: there's something exceptionally rejuvenating about going for full body scrubs and exfoliating. Sloughing off dead skin cells doesn't just leave you feeling refreshed – it also improves circulation and enhances overall skin health. Middle Eastern aesthetic practices have long emphasised the importance of scrubs and massages; at the Moroccan-inspired Hammam, you can experience a taste of this without leaving the country. The centre's signature hammam and gommage package aims to detox, steam and purify your body utilising a combination of exotic Moroccan black soap and traditional techniques. The services offered are a great way to unwind after a tough week and work out any muscle knots. And don't forget this bonus point: she's bound to notice how much smoother you feel to her touch.

www.hammamspas.com

CALENDAR

4

Saturday Night Fever: The Musical

You've seen the movie – now get ready to relive the heydays of the 1970s with the musical at Istana Budaya! The international musical that took West End London and Broadway by storm plays until 13 September.

www.istanabudaya.gov.my

5

Bon Odori Festival

Be a part of local Japanese summer celebrations when the annual Bon Odori Festival kicks off at Kompleks Sukan Negara, Shah Alam. Grab this chance of gaining a firsthand experience of Japanese culture amongst a crowd of over 20,000.

www.myfest2015.com.my

19

Jon Bon Jovi's "Because We Can: The Tour"

Legendary rock band Bon Jovi makes a comeback to Kuala Lumpur for the first time in 20 years. Get ready to rock on with leadman Jon Bon Jovi for one night only at Stadium Merdeka.

www.imclive-group.com

25

37th WAF World Arm-Wrestling Championship

Organised by the World Armwrestling Federation, the championship is set to draw in over 1,500 international participants from over five categories of weight classes. The event takes place until 4 October at Berjaya Times Square Hotel.

www.mymajorevents.com.my

WATCH OUT

10 October

Spartan Race

Join the Spartan Race when it arrives in Malaysia for the very first time next month! Slated to be one of the globe's toughest obstacle courses, the race will put your strength, endurance and agility to the test through three categories: 5+km with 15+ obstacles; 13+km with 20+ obstacles; and 20+km with 25+ obstacles.

spartanrace.my

WORDS ANIS TAUFIK



Food styling and photography by Yellow Mango Communication

Roasted Peanut Butter

Preparing time: 20 minutes
Cooking time: 5 minutes

INGREDIENTS

- Peanut 250g
- Extra Virgin Olive oil 100g
- Salt 5g
- Paprika 10g (optional, for sweetness and mild)

METHODS

1/ Roast peanuts over medium heat or 180 degree Celsius in the oven until golden brown
2/ Puree roasted peanuts with a power blender or food processor
3/ While blending, slowly add in extra virgin olive oil
4/ Season with salt

Peanut Butter Chicken Tenders Satay

(serves 4)
Preparing time: 40 minutes
Cooking time: 20 minutes

INGREDIENTS

- Chicken tenders 400g
- Peanuts butter 2 tbsp
- Skimmed coconut milk 2 tbsp
- Lime juice 2 tsp
- Fish sauce 1 tsp
- Ginger (minced) 15g
- Garlic (minced) 15g
- Siracha hot sauce 1 tsp
- Hoisin sauce 1 tsp
- Satay skewers 8

METHODS

1/ Soak satay skewers before grilling for at least 30 minutes
2/ Cut chicken tenders into cubes (15g per cube)
3/ In a big mixing bowl combine chicken tenders with others ingredients, marinated for at least 30 minutes
4/ Prepare skewers with 45g of tenders each
5/ Oil the grillers to prevent sticking, grill each skewer over high heat for 2-3 minutes

Huios meal prep

Meals was prepared by Huios.com.my
For further information visit; http://www.huios.com.my



Layer a two-button jacket over your casual tee to avoid looking like one of the inmates

3 Two-Button Suits

Functional and versatile, the trusty jacket option looks good on all body shapes

IF WEARING A SUIT IS NOT YOUR thing or you want something that'll work for most of the year, invest in a two-button lightweight wool suit in grey or navy. "It's the most dynamic suit you can buy," says Ryan Tristan Jin, author of *How to Tie a Tie*. "You can wear it nearly year-round to almost any occasion." Since you want a breathable fabric, look for Super 100 wool suits, which are light enough to wear in the wet and dry seasons. (Skip the linen and seersucker – those are hot weather-only fabrics.) The higher the number, the finer and denser the fabric. Don't know the grade of the wool? Bunch the fabric in your hands and let go. If it holds wrinkles, it's too thick for the heat.



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DON'T BE AFRAID OF HEIGHT

BUILD A BETTER SUIT FOR YOUR STATURE.



THE JACKET

TALL Add substance to a tall frame with a double-breasted style. If you have a lean or athletic torso, flatter it with a vest, says Jin.
SHORT One- and two-button suits will elongate your torso. Steer clear of three buttons, says Jennings, which will only shorten it.



THE SHIRT

TALL Wrinkles, bulges, and excess cloth look sloppy. Choose a slim-fit style or a tailored shirt with just enough slack to let you twist your torso comfortably.
SHORT Stick to lighter hues and small, subtle patterns to enhance your frame. If you wear stripes, go vertical.



THE PANTS

TALL A straight leg is your best option. That's because a tapered fit will accentuate skinny legs, while baggy pants just look sloppy.
SHORT Pleats, cuffs, and wide trousers can make short legs look stocky. "Slim, tapered pants are more flattering," says Jennings.

WORDS **DAN MICHEL** | ADDITIONAL WORDS AND COORDINATION **JOHN NG** | PHOTOGRAPH **SOULART CREATIVE**

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Save you hair – and scalp

They need just as much care as the rest of your body. Here's what you should (and shouldn't) do

1/ Claim I have to wash my hair twice a day to prevent scalp pores from clogging. **Fact** "Unlike the face skin, we have to also take into consideration the strands of hair, hair follicles and hair bulbs – in other words, cleansing your hair is completely different from your scalp," says Randall Wong, National Education Manager at L'oréal Malaysia. "If you have the habit of washing twice a day, make sure to go for a mild shampoo."

2/ Claim I don't need a hair conditioner if my scalp is greasy. **Fact** In such cases, you're advised to avoid the scalp, which can be a problem given that most of us have short hair. "With this in mind, get yourself a light conditioner that can be used to nourish both the hair and scalp," says Wong. If in doubt, ask your hairstylist. "There are salon professional products specially created for every condition."

3/ Claim Natural moulding wax, glycerine and mineral oil based hair creams are preferred over chemical based styling products. **Fact** "All-natural hair styling products may not be able to perform at their best when faced with factors such hot or humid climates," says Wong. And this is where science and technology come into play. "If you have vulnerable hair or scalp, choose a water-based product that keeps your hair in place, and at the same time, washes off easily."

4/ Claim Dandruff problems can only be controlled and not eradicated completely. **Fact** Dandruff is caused by rapid flaking of the skin on your scalp as opposed to the regular 15-day skin renewal process. "Similar to hair thinning, this condition is caused by internal and external imbalances like stress, age, hormones and poor hygiene. When you keep these triggers under control, so will you with your dandruff problem."

5/ Claim Rubbing my hair with a towel vigorously to dry it off is bad. **Fact** Technically speaking, yes it does cause damage. "This is because the hair structure is similar to that of your skin – the outer layer comprises cuticles that look like fish scales. Drying them too roughly can cause excessive friction – be careful with thin and fine hair," Wong explains. Dab your hair with a towel and then gently squeeze to get rid of excess water.



MANE QUESTIONS – ANSWERED

By Dr Aly Alias Stephen Nah



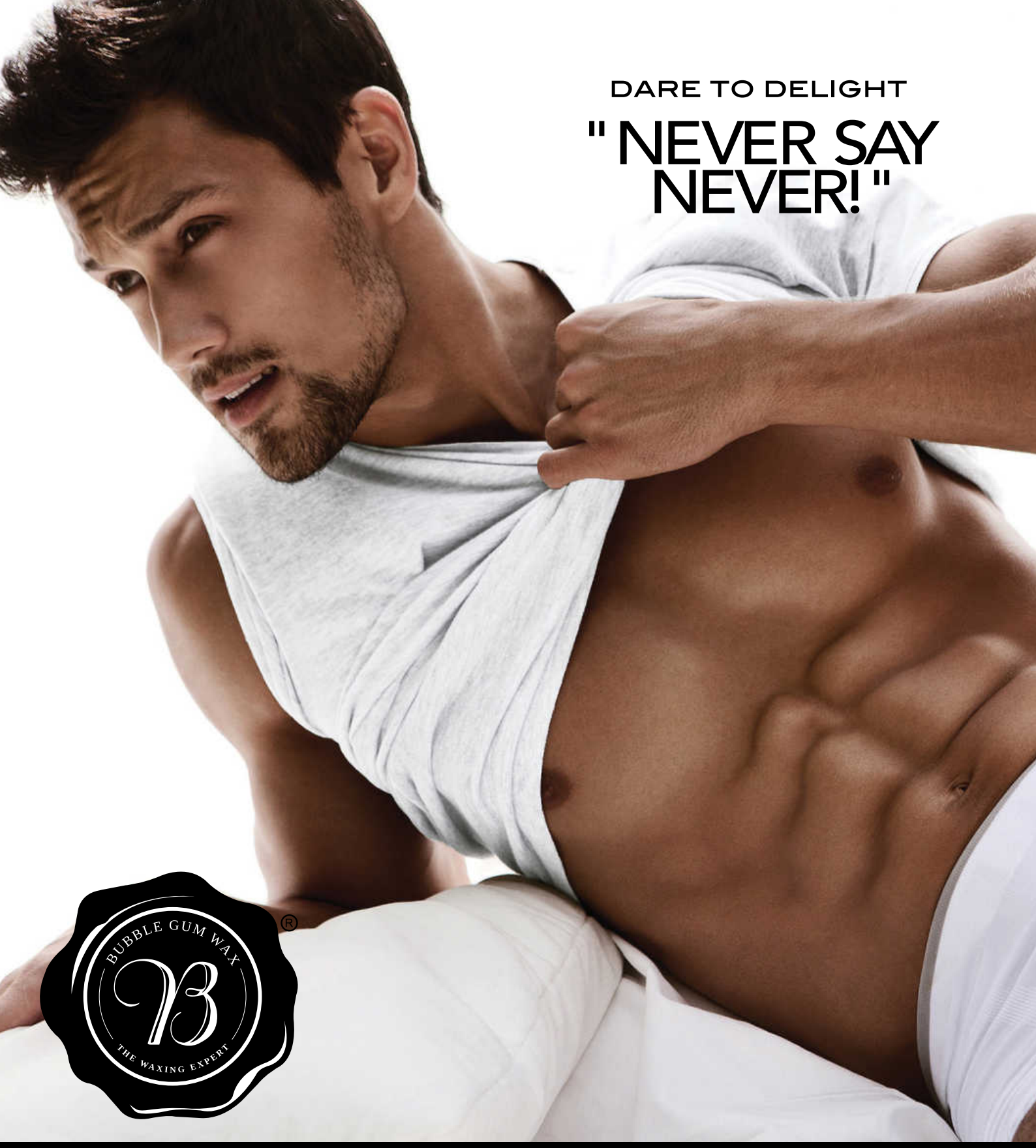
Can hair loss actually be reversed? Or at least delayed?
It depends on the degree of severity. Are the follicles compromised and have reduced capacity to generate in term of normal quality and quantity, or have they been affected to the point of being so-called "retired"? The latter will eventually lead to baldness; however with early treatment and intervention, you can effectively delay the process.

What is the worst thing you can do to your scalp and hair?
That will be denying yourself proper treatment for hair loss until it becomes too late. Although most men get concerned during the initial onset of hair loss – often starting in their late 20s – they resort to treatments that make empty promises instead of seeking creditable counselling and diagnosis of their condition.

What is your advice to men who want to prevent hair loss or are starting to lose their hair?
Seek a proper diagnosis early by consulting a doctor or trichologist. Then be prepared to start treatment as early as possible. There are so many options out there now for treating hair loss, and with varying costs and results. Make sure that when you consult a doctor, he or she is able to advise you on the pros and cons of each available treatment and guide you to make the best decision.

DR ALY ALIAS STEPHEN NAH IS A DHI CERTIFIED PRACTITIONER. FOR MORE INFO, CALL 03-6206 1286.

WORDS JOHNING PHOTOGRAPH ISTOCKPHOTO



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The Warrior's Road

MMA fighter Naimul Amal's no stranger to the blood, sweat and tears it takes to reach the top. Find out how he goes with life's punches and how you can step away from any situation a winner

GET READY TO EMBRACE THE KEY personality trait that'll determine whether or not you'll succeed: grit. It's one that Naimul 'The Convict' Amal knows too well. The MMA fighter is talking about what it takes to lift you up from the sea of mediocrity when he says, **"You've got to be 100% committed."** How committed you are to your goal determines your entire game plan, he explains. "MMA's one of the world's most challenging sports – training is everything. Even if you've got great skills as a fighter, you'll lose everything if your stamina's shot during fights."

He opens up about a rookie mistake he'd made when he first got serious about the sport. "It was season one of MIMMA and I didn't do my homework properly. I weighed 65kg and signed up to compete in the featherweight category, which was unsuitable for my height." Adding that he hadn't been familiar with fight strategies and weight-cutting techniques, Naimul entered the cage only to go against fighters who were taller and heavier, ultimately losing to Keanu Subba (the current reigning featherweight champion). Naimul's first loss spurred him to work harder for the following season, but he ended up on the opposite extreme and overtrained instead. "I didn't really pay attention to my heart rate. I was training so hard that I got a fever three days before my fight." Not one to back down, he kept his head high despite the odds and went ahead with the tournament – only to be defeated by Jenarten Radhakrishnan in the quarter finals.

Far from dampening his dreams, Naimul's losses stoked a greater drive to succeed in him. He changed his game plan by assessing what he'd done wrong in his earlier attempts. "MMA fights are a real mystery. When you're in the cage, your chances of winning or losing are 50-50. Anything can happen and nothing's 100%. I watched videos of the matches to see where I'd lost." **Research enables you to understand your situation better, helping you revise your technique to overcome tricky situations.** For Naimul, analysing the fights he'd lost allowed him to come up with a training routine that specifically targeted his weaknesses. **"I trained to overcome any challenge – even when I'm pinned on the ground and grappling with my opponent."**

According to Naimul, **you've got to have a dream – and hold on to it tight. Don't discount the power of ambition, even when you don't get what you want. "There are a lot of life lessons that you can get from MMA. Even when I didn't win, I never thought of them as losses – they were part of the learning process that brought me to where I am today."**

FIGHT THE GOOD FIGHT!

DON'T GIVE UP

"When I go in to fight, I've already set my mind not to give up. We sacrifice a lot for these fights – time with family to train, watching our diet – it takes a lot of effort and dedication. I wait, stay patient and tell myself not to back down too easily. Even if I don't win, my family and friends will still rally around afterwards for moral support."

DREAM BIG, WORK HARD

"I'm driven by my dream. I'm the type that if I want something, if I have a dream, I'll do whatever it takes to achieve it. I'll give my commitment 100%. I have a regular, full time job and I'm a dad, but I train hard in the evenings and get home around 9pm every day. It's only on the weekends that I have time to be with my family."

SURROUND YOURSELF WITH THE RIGHT PEOPLE

"You need the right support to succeed. I'm lucky because everyone around me understands what I'm working towards and I really appreciate having them. I admit; my mom was initially hesitant about me competing in such an extreme sport, but she came round to it and supports me now."

TREAT YOUR BODY RIGHT

"Living a health lifestyle is important. Whether you're still studying or working, you've got to lead a healthy lifestyle. I got involved with MMA because I love extreme sports, so find something physical that you enjoy. Eat healthy, watch your diet and you'll see results."

WORDS ANIS TAUFIK **PHOTOGRAPHY** KXTANG PHOTOGRAPHY



The Fullness of Fitness

Huois Meal Prep offers healthy, delicious meals to meet all your nutritional needs

Huios Meal Prep, a fitness meal delivery service, supports the fitness needs of Malaysians looking to make informed decisions on their calorie and nutritional intake – without compromising on taste.

The inspiration for Huios Meal Prep came from the fast-growing fitness market in Malaysia, where regular visits to the gym and healthy eating are increasingly the norm. However, co-founder and a Nationals Bodybuilding Championship Junior 1st Runner Up in 2014 Wong Chun Yan cautions that while people may be eating "healthy", they may not be eating the right food to support their fitness goals.

Result, taste, and convenience, Huios Meal Prep's offerings are anchored on three key components and the team goes to great lengths to ensure these requirements are met. The meals include a detailed breakdown of macronutrients, calories, and the functions of each product range to help customers make informed decisions. The food don't include additives, which are sealed airtight to keep them fresh.

Covering Kuala Lumpur, Subang Jaya, and Petaling Jaya, orders can be made online 24/7 at www.huios.com.my or over the phone at 03-6262 9570 between 11am and 5pm Monday to Friday, and Sunday. Orders have to be made at least one day in advance, with two days for larger orders or during peak periods.

In line with Huios Meal Prep's commitment to convenience, customers can request for a specific delivery time between 10 am – 6 pm on Mondays, Wednesdays, and Fridays. Deliveries will be made within 30 minutes of the selected time. Following a two-month soft launch period, customers have also started calling-in for consultation on customised meal plans, a service that sets Huios Meal Prep apart from other offerings.

Prices start at RM15.80 for an order of one meal, with discounts on packages of up to ten meals per order. As part of its launch promotions, the company is waiving the RM7.00 delivery fee and throwing in free meals when you place an order for five, seven, or ten meals.

From the Greek word 'Huios' (pronounced hwee-os), which means a son who is able to make decisions on behalf of his father and share authority in a household. It represents the stage at which a person embodies the maturity, knowledge, and understanding required as they assume the responsibilities of a new role.

The well-equipped Huios Meal Prep team chose this name as they take their role in educating about fitness and preparing fitness meals seriously. The group of Huios behind the company comprises a head chef and a culinary team of four who are well-versed in preparing balanced, delicious meals with specific nutritional compositions.

Huios Meal Prep is ramping up its operations to continue meeting demand for fitness meals, an area which Wong believes has significant untapped potential in Malaysia. The company is currently designing three new meal ranges that will help different customer groups achieve their respective fitness goals, with a planned rollout next month.

Huios meal prep

For more details, or to place an order, please visit **huios.com.my/**

Train to be a Winner!

We've got the inside scoop on #MHCoverGuy15 winner Matthew Pyne's exercise regime. Steal his workout secrets and experience a boost in your gym time

#MHCOVERGUY15 WINNER MATTHEW PYNE WOWED TEAM MEN'S HEALTH MALAYSIA NOT JUST with his personal story of overcoming adversity, but with his sheer dedication to every aspect of fitness too.

"My current goal is to build strength and maintain mass while dropping body fat percentage," Pyne explains as he points out, "This is where the diet is very important – maybe more so than training." He reveals the unique aspects of his programme, saying, "The idea is to start heavy, maybe 1 to 3 reps and end with volume, 10 to 15 reps. This lets me build strength and even make noticeable gains." Pyne's programme also incorporates 3 sessions of 5km runs to boost endurance and get shredded.

Check out Pyne's favourite moves and his full workout programme here to pick up a couple of pointers from him. Who knows? Just like him, you could just end up on our cover next year.



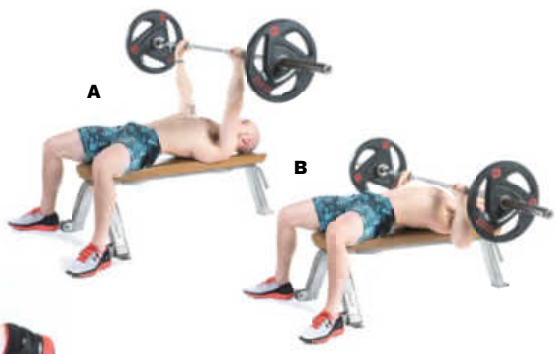
1/ Kettlebell Lunges

Stand holding kettlebells at your sides, palms facing inwards **[A]**. Step forward with your right foot and lower your body until your front and back knees are bent 90 degrees, and your back knee is about an inch off the floor. Push back up and repeat with the other leg **[B]**.



2/ Kettlebell Straight Leg Deadlifts

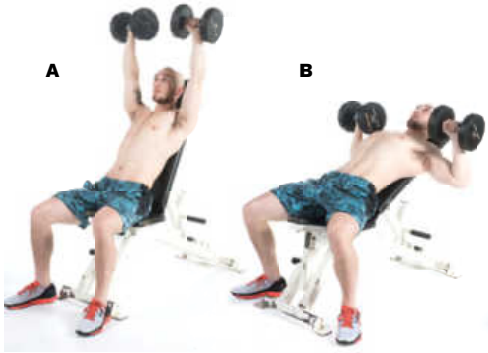
Grab a pair of kettlebells using an overhand grip and hold them in front of your thighs. Stand with your feet hip-width apart and knees slightly bent **[A]**. Bend at your hips to lower your torso until it's almost parallel to the floor. Pause, then raise back up **[B]**.



3/ Barbell Bench Press

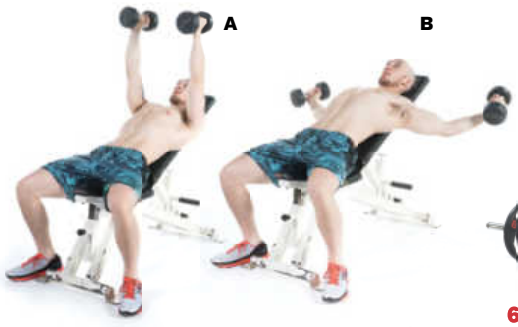
Lie on a bench and hold the barbell in an overhand grip with your hands more than shoulder-width apart. Arch your back slightly and maintain your hips on the bench. Lift the weight up and hold it over your chest **[A]**. Lower the weight slowly and let the barbell touch the middle of your chest at the end of the movement. Pause, then drive the weight back up **[B]**.

WORDS **ANIS TAUFIK** PHOTOGRAPHS **DAMIEN KHOO/VIPHOTOGRAPHER** LOCATION CELEBRITY FITNESS MID VALLEY



4/ Dumbbell Incline Chest Press

Lie face up on an incline bench and grab a pair of dumbbells. Lift the dumbbells up to arm's length so they're over your chin and hold them with your palms turned toward your feet **[A]**. Slowly lower the weights to your upper chest, pause, then push them back up over your chin **[B]**.



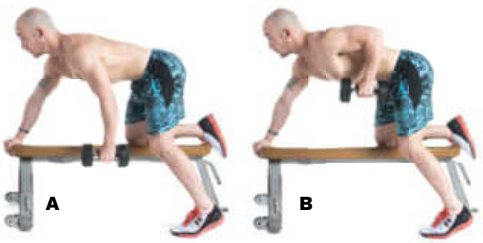
5/ Dumbbell Incline Flys

Lie faceup on an incline bench and hold a pair of dumbbells over your chest with your arms straight, palms facing each other **[A]**. Bend your elbows and slowly sweep your arms down and out to your sides until the weights are level with your chest. Pause, then push them back up to the starting position **[B]**.



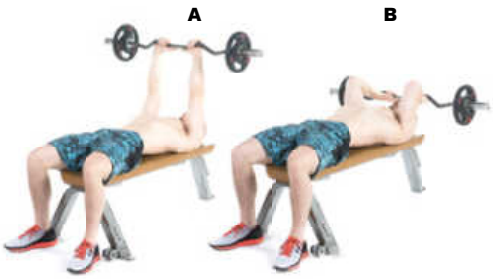
6/ Deadlifts

Stand with a bar on the floor in front of you so it just touches your shins. Push your hips back and grasp the bar with an overhand grip, your hands just outside your calves **[A]**. Keeping your back straight and your chest up, drive your heels into the floor and move your hips forward to stand up and raise the weight. Lower the bar back to the floor **[B]**.



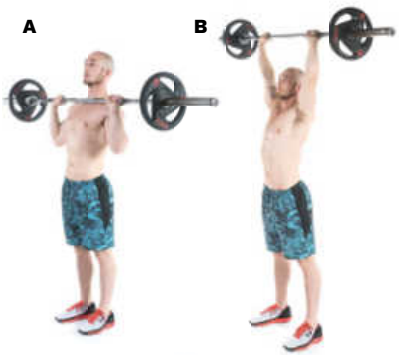
7/ Single Arm Dumbbell Row

Rest your right hand and knee on a flat bench while grabbing a dumbbell with your left hand. Ensure that your upper body is parallel to the floor **[A]**. Pull the dumbbell up to the side of your chest while keeping your arm close. Lower the dumbbell slowly **[B]**.



8/ Skull Crushers

Grab an EZ-bar with an overhand grip, your hands a little less than shoulder-width apart. Lie bench and hold the bar above your forehead, keeping your arms straight **[A]**. Lower the bar by bending your elbows without moving your upper arms until your forearms are parallel to the floor. Pause, then straighten your arms to lift the weight back to the starting position **[B]**.



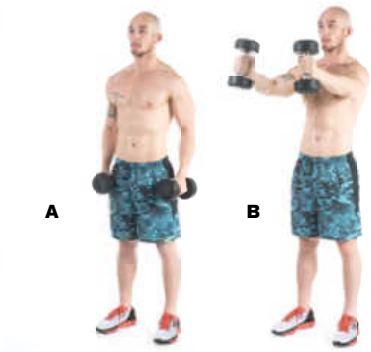
9/ Barbell Military Press

Stand with your feet shoulder-width apart. Hold the barbell in front of you in an overhand grip that's slightly more than shoulder-width apart **[A]**. Lift the weight up until your arms are fully extended over your body **[B]**.



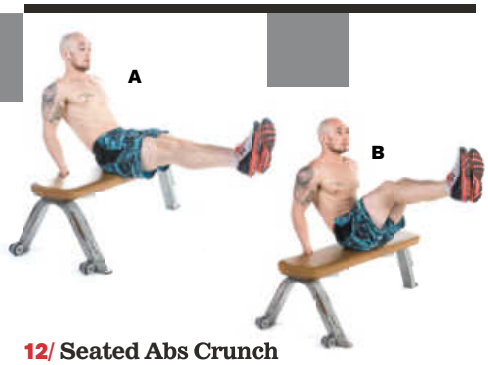
10/ Dumbbell Shoulder Press

Sit on a bench and hold a dumbbell in each hand just above your shoulders **[A]**. Press the weights straight up until your arms are fully extended, then slowly lower them to the starting position **[B]**.



11/ Dumbbell Front Raise

Stand holding a pair of light dumbbells at arm's length with a natural grip **[A]**. Keeping your arms straight, slowly raise the weights in front of you until your arms are parallel to the floor **[B]**.



12/ Seated Abs Crunch

Sit on the edge of a bench. Grip the edge of the pad and lean back slightly, extending your legs down and away. Keep your heels off the floor **[A]**. Bend your knees and slowly raise your legs toward your chest. At the same time, lean forward with your upper body, allowing your chest to approach your thighs. Repeat the move by returning to the starting position **[B]**.

MATTHEW PYNE'S COMPLETE WORKOUT PROGRAMME

DAY 1: LEGS
Squats
Kettlebell Lunges
Leg Extension
Kettlebell Straight Leg Deadlifts
Leg Curl
Calf Raise

DAY 2: CHEST, BICEPS AND CARDIO
Barbell Bench Press
Dumbbell Incline Bench Press
Dips
Dumbbell Incline Flys
Dumbbell Drop Set Chest Press
Dumbbell Bicep Curls
5km run

DAY 3: BACK AND TRICEPS
Deadlifts
Single Arm Dumbbell Row
Pullups
Barbell Bent Over Row
T-Bar Row
Lat Pull Down Drop Set
Skull Crushers

DAY 4: SHOULDERS, ABS AND CARDIO
Barbell Military Press
Dumbbell Shoulder Press
Dumbbell Front Raise
Face Pull
Seated V Sit
Hanging Leg Raise
Cable Crunches
TRX Cables
5km run

DAY 5: LEGS
Repeat the exercises from Day 1.

DAY 6: CHEST AND BACK
Do the chest and back exercises from Days 2 and 3, but superset them (one chest exercise followed by a back exercise) instead and omit the deadlifts.

DAY 7: CARDIO AND ABS
Run 5km and do the abs exercises from Day 4.

8 Easy Skin Cures

Afraid to get naked? Try our DIY guide to doctoring your dermis – no appointment (or anaesthesia) necessary



Skin Tags
Did you floss today? Not your teeth, but your skin tags, those dangling doohickeys that are usually caused by skin-to-skin friction. Tying off a tag strangles the blood supply, says Dr Martha Simpson, an associate professor of family medicine at Ohio University.
▸ **DIY** Tie several inches of floss tightly around the base of the growth. Snip off any excess floss and then cover the whole thing with a bandage. The tag should fall off in a few days.

Age Spots
These brown blotches are signs of sun damage, so first have your skin screened for cancer. All clear? Open a bottle (or barrel) of cider vinegar. It contains a natural form of alpha hydroxy acid that helps remove the outer skin layers where melanin is trapped, says Dr Chiu.
▸ **DIY** Dilute one part vinegar with two parts water. Use a cotton ball to swab your spots with the solution; don't rinse. Repeat daily.

MEN CAN GET AWAY WITH VISIBLE scars. They're proof that you've lived an interesting life, taken risks, maybe lost a bet involving an alligator and a bottle of steak sauce. But warts? Those – and a roster of other body blemishes – don't come with a cool story. No man ever said "I got these liver spots from 20 years of skipping sunscreen. Gnarly, huh?"

Now, you could spend a ton of time and money to have a skin doc clean up your epidermal act. But a guy with guts – with *scars* – will grab whatever's handy and take care of his own damn warts! You are that guy, and this is your guide.

WORDS **DAVID MCGLYNN** ILLUSTRATION **DANNY HELLMAN**



Ingrown Hairs

Give your face a brewed awakening. Used coffee grounds slough off skin, which allows facial hairs to sprout up through the follicles instead of burrowing below the surface, says Los Angeles dermatologist Dr Annie Chiu. And because caffeine is a vasoconstrictor, it can help ease exfoliation-induced inflammation, she adds.

DIY Mix a spoonful of cooled grounds with a dollop of facial moisturiser. Scrub your mug thoroughly and rinse with warm water. Repeat twice a week.

Warts

You've used duct tape to fix everything else, so why not your bumps? When you MacGyver warts this way, it causes irritation that tells your immune system to attack the HPV virus fuelling the growth, says *MH* US dermatology adviser Dr Adnan Nasir.

DIY Apply a piece of grey duct tape that extends ¼ inch past the wart's edges. After six days remove the tape and soak the wart in warm water for 15 minutes. File it down with a pumice stone. Repeat for one month.

Toenail Fungus

Athlete's foot is a minor-league infection compared to toenail fungus: A typical topical med has a cure rate of only 34%. Good thing researcher Dr Richard Derby found that Vicks VapoRub's antifungal ingredients effectively treated toenail fungus in 83% of patients.

DIY Apply a pea-sized amount to the nail and beneath its ridge daily. You may see results in a month, but it could take up to a year to cure it.

Sunburn

We know you aren't the fool at the pool who skips the sunscreen. But if you missed a spot, buy yogurt and chamomile tea. The yogurt's probiotics will help speed cellular renewal, while chamomile's anti-inflammatory properties can calm the burn, says Dr Chiu.

DIY Steep a tea bag in cold water for 15 minutes. Cut it open and mix the leaves with ½ cup of plain yogurt. Apply the mixture for 10 minutes, three times a day, until the sunburn subsides.

Cracked Heels

Wearing sandals means your feet can finally breathe! They can also develop skin fissures! To avoid an ugly, painful infection, heal your heels with Super Glue. A University of Washington study found that the class of adhesives used in Super Glue, cyanoacrylates, was effective at sealing split skin.

DIY Wash and dry your heels. Then apply two or three drops of glue along the length of each fissure. Hold the skin together for one minute, says Dr Chiu.

Under-Eye Bags

You can hide behind your sunglasses for only so long. A sleep deficit has caused the blood vessels beneath your orbs to dilate, leading to dark, puffy skin. To eliminate bags under your eyes, put tea bags *on* them: The tannins in black tea can slow bloodflow to the area and temporarily tighten your swollen skin, says Dr Chiu.

DIY Steep two tea bags in a cup of boiling water for two minutes. Cool them in the fridge and then place them on top of your closed eyes for five minutes. Do this a few times a week.

The Perfect 10 Beach Ready Meals to Go

A hot body demands a cool diet. shun the oven for a sun-spiked workout meal that's on your plate in seconds

WHEN YOU'RE BUSY WORKING OVERTIME TO TRANSFORM your torso for the beach, you need fresh, tasty post-gym meals that go from fridge to fork fast. But tiresome bowls of kale are best left to Lululemon-clad ladies who lunge. Instead, *MH* gave chef and author Florence Knight a list of 10 foods proven to lift energy, repair muscles and blast fat, then challenged her to transform them into light dishes that are easy to prep and packed with flavour. Enjoy this al fresco supper and you'll hit your morning session with gusto.

PHOTOGRAPHY **LOUISA PARRY** FOOD STYLIST **NATALIE THOMSON;** SWIM SHORTS VILEBREQUIN

BEACH BODY READY MEALS

YOUR WORKOUT HOT LIST



01

SPRING ONIONS

Scallion bulbs are a bright idea for your body; they contain allicin, which aids muscle repair and increases antioxidant activity, Phytotherapy Research reports.



02

FENNEL

Ditch the bananas. This herb provides potassium aplenty. One bulb has 27% of your RDA, helping fight gas and curb hunger. You'll be all bulk and no bloat.



03

ROCKET

Packed full of nitrate, these greens boost your blood flow and oxygen supply, so you can make better use of your gym time. Your muscle gains are sure to rocket.



04

AVOCADO

The flesh is full of vitamin B6, which reduces fatigue and helps your body turn carbs into energy. Pick up a pear and power through pre-holiday workouts.



05

CHILLI

Beat infections with beta-carotene. Chilli ups your dose of multiple vitamins to keep germs at bay – useful if the guy on the bike before you didn't wipe it down.



06

TUNA STEAK

This meaty fish is heart-healthy. It's rich in potassium but sodium-poor, curbing your risk of high BP. It also reduces water retention. Your abs have nowhere to hide.



07

CUCUMBER

As one of the few foods that contains silica, cucumber improves calcium assimilation to boost bone density and strength, keeping you in the running.



08

RED ONION

It's a top source of anti-inflammatory quercetin, a flavonoid that increases your nitric oxide, for better stamina, says the *American Journal of Clinical Nutrition.*



09

MINT

Working for six-pack definition stresses your abs, which can lead to spasms and knots. Mint works as a natural muscle relaxant. Leaf the pain out of training.



10

LEMON

This sharp finisher is packed with vit C – an ally for energising iron. It enhances the mineral's absorption, squeezing more from the rocket and tuna: a perfect pairing.



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01 STAMINA-BUILDING SALAD

FENNEL, CUCUMBER & MINT STARTER

For the record, salads are not boring and they are certainly not rabbit food. At least, not when done right. There's not an iceberg lettuce leaf in sight here – just maximum fresh flavour.

A/ Keep things smooth by opting for the nearly seedless English cucumber. Slice it thinly along with the fennel, using a mandolin or sharp knife.

B/ Next up, cut the spring onions lengthways, keeping all of the white parts and most of the green. Soak them in a bowl of ice water for a few minutes; it helps to mellow the flavour.

C/ Combine the cucumber, fennel and onions with torn mint leaves in a large bowl. This core-carving combination provides vital micronutrients, while repairing the muscles you just trained. Grate the lemon zest over the bowl and season to taste with the oil, lemon juice, salt and pepper. Serve up this low-calorie starter in under 10 minutes – leaving you plenty of time to plan tomorrow's set.

SERVES TWO

- A cucumber
- A fennel bulb
- Spring onions, 3
- Fresh mint leaves, handful
- A lemon
- Extra-virgin olive oil, glug
- Salt and pepper to taste



54 CALORIES

08 MINUTES

20 MINUTES

395 CALORIES



02 LIMA MUSCLE FUEL

LIME-MARINATED TUNA CEVICHE WITH AVOCADO & CHILLI

SERVES TWO

- Tuna steak, 200g
- Small red onion, ½
- Limes, 2
- A ripe avocado
- A fresh red chilli
- Sesame oil, 2tsp
- Extra-virgin olive oil
- Salt to taste

This traditional Peruvian street food dish may be small but it packs a punch. The protein-rich tuna increases your fat-burning potential while its zesty marinade tastes like liquid sunshine.

A/ Ask your fishmonger for sashimi-quality tuna steak, rather than grabbing something pre-packed off the shelf. Start by peeling and slicing the red onion, slicing the avocado, then zesting and juicing the limes. Deseed and finely chop the fiery chilli.

B/ Slice the tuna into fine strips, place it in a bowl and set aside. Soak your red onion slices in some cold water to mellow the taste, as before.

C/ In a separate bowl, whisk together the zest, juice, sesame oil, diced chilli and oil. "Pour the dressing over your tuna and gently mix – as soon as the acid from citrus fruit hits the tuna it will begin to 'cook' it so you only need to mix lightly," says Knight.

D/ Now drain the onion slices and throw them into a large bowl. Tip in the tuna strips, along with all of the dressing, and top with the sliced avocado and rocket leaves. Devour immediately; pan frying not required, pan pipes entirely optional.



Men's Health
REFINE & DEFINE:
EARN YOUR ARMOUR

Get fitter, better and faster at our exclusive workout sessions

Powered by: UNDER ARMOUR



WORKSHOP 1:
MMA Cross Training
Format: Individual
Date: 29 September 2015
Venue: Monarchy MMA, Bangsar
Time: 7PM – 8PM
Pax: 20 only

Interested in Workshop 1?
Tell us how you keep yourself motivated.

Send your answer and your full details (name, IC no., mobile and occupation) to marketing@mens-health.com.my.

Closing date: 23 September 2015

WORKSHOP 2:
Fuel Team Challenge
Format: Teams of 3
Date: 10 November 2015
Venue: Fuel Athletics
Time: 7PM – 8PM
Pax: 15 pax (5 teams)

Interested in Workshop 2?
Choose a name for your team and explain why.

Send your answers and full details of all 3 team members (name, IC no., mobile and occupation) to marketing@mens-health.com.my.

Closing date: 2 November 2015







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- *Huios meal*
- *Under Armour merchandise*
- *Men's Health & Women's Health magazines*

#MHRefineDefine

Visit mens-health.com.my to register

Yes, You Can Pickle That

"Slice a vegetable and pour vinegar on it, wait a few hours, and you'll have a pickle," says Karen Solomon, author of *Jam It, Pickle It, Cure It*. Use this chart, created with her help, to turn peak-season produce into the ultimate snack

QUICK-PICKLE PRINCIPLES

IT'S TIME TO GRADUATE FROM GHERKINS



SLICE AND DICE YOUR INGREDIENTS

The density and composition of the produce, as well as the size of the pieces, all affect the length of the pickling process. So thinly slice firm ingredients like carrots, shred bulky ones like cabbages and onions, and peel thick-skinned items like pears so they'll absorb more of the flavourful brine.



DROWN THEM IN DELICIOUSNESS

Brine, in chef-speak, is a solution of spices, salt, and liquid that gives pickled foods their tangy flavour. Mix and match your spices and liquids to come up with a combo you prefer. The example shown in the 450ml jars on these pages uses breakfast radishes, with the "zesty" flavour pack and rice vinegar.

1

Pick Your Produce (Choose One)

The fresher the fruit (yes, fruit!) or vegetable, the better the result.



CUCUMBERS CUT INTO SPEARS



CARROTS SLICED INTO DISKS



CABBAGE THINLY SLICED



WHOLE STRING BEANS BLANCHED



BEETS PEELED, BLANCHED, AND CUBED



RADISHES HALVED



DAIKON RADISH SLICED INTO HALF-MOONS



GREEN TOMATOES QUARTERED



RED ONIONS THINLY SLICED



PEARS PEELED AND QUARTERED



STRAWBERRIES HALVED



PINEAPPLE CUBED



PACK IT! Pint mason jars make perfect snack batches

2

Add a "Flavour Pack"

Figure about 1 Tbsp of each ingredient unless noted.



CLASSIC DILL SEED + CELERY SEED + BLACK PEPPERCORNS + MUSTARD SEED



GREEK FRESH OREGANO (2 SPRIGS) + SMASHED GARLIC + WHOLE CLOVES + LEMON PEEL



ZESTY PEELED GINGER + ORANGE PEEL + TOPS OF GREEN ONIONS



SPICY RED-PEPPER FLAKES + THINLY SLICED JALAPEÑO ROUNDS



CHINESE SZECHUAN PEPPERCORNS + CHINESE FIVE-SPICE POWDER + STAR ANISE



INDIAN MUSTARD, CORIANDER, AND FENUGREEK SEEDS + CARDAMOM PODS + ½ CINNAMON STICK



3

+ Salt and a Vinegar

1 tsp kosher salt; vinegar, till half full

DISTILLED WHITE VINEGAR



CIDER VINEGAR



WINE VINEGAR (WHITE OR RED)



RICE VINEGAR (THIS IS LESS POTENT THAN THE OTHERS, SO IF YOU USE IT, FILL THE WHOLE JAR, NOT JUST HALF.)





WORDS **PAUL KITA** PHOTOGRAPH **SAM KAPLAN**



4

Top Off the Jar with Water
No, really. That's it. Plain old tap water will work.

All that's left to do is seal the jar and shake it well to dissolve the salt and evenly distribute the ingredients. Then put the jar in the refrigerator. You should notice a difference in taste overnight, but for best results wait three to five days, when the vegetables turn tender-crisp. Your pickled produce will keep for about two weeks in the fridge, but if you notice any mold growth or funky aromas, pitch it.

CRUNCH TIME
They're salty, snappy, and great with a beer: make pickled vegetables and fruits your new go-tos. They also fit in well alongside grilled meats, sliced and tossed into a salad, or even dropped into a cocktail

MH INSIDEOUT

EVENTS & PROMOTIONS

Check out our website at **mens-health.com.my/insideout** for the latest event and promotion updates.





Truefitt & Hill Arrives at Great Eastern Mall

Truefitt & Hill – the globe's oldest certified barbershop – recently opened its fourth outlet in Kuala Lumpur at the Great Eastern Mall. Visitors to the salon can expect the same, consistent service available from any Truefitt & Hill outlet in the world and choose from a range of services catered to men such as haircuts, shaves, manicures and pedicures. Skincare items like shaving brushes and kits are also sold at the salon.
www.truefittandhill.com.my



Rumble with MIMMA 3

The MIMMA 3 Grand Finals will take place on 10 October 2015, at the Putra Indoor Stadium. In addition to live airing on TV 1 (MIMMA 3's official TV partner) you can also tune into its live streaming on *www.malaysianinvasion.com*. Don't miss out on the adrenaline with the addition of two new categories in this year's edition: The Foreign Pride and The Women.



Skechers 1Utama Relocates

Skechers 1Utama's recent relocation to lot LG339 at the 1Utama Shopping Centre makes it the biggest Skechers' store in Malaysia to date. At its reopening, hundreds of barefoot fans got together to celebrate the store's new redesign, which incorporates industrial tones with a modern edge. The first 100 fans received shoes, discount vouchers and gifts.
www.skechers.com.my



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Source: Euromonitor International Limited. Based on 2013 RSP sales (US$) of Vitamins and Dietary Supplements (Euromonitor definitions) across all retail channels.

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Source: Euromonitor International Limited; Vitamins and Dietary Supplements, World, GBN, Retail Value RSP, % breakdown, 2013.

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Performance Nutrition

Zoom in on Protein Powder

Your smoothie can fuel your gains or fill you up with empty calories. Learn how to build strength with every sip



TRAINERS WILL TELL YOU THAT TO MAXIMISE MUSCLE GROWTH, you must eat a gram or more of protein per pound of your target body weight per day. For a 82kg guy, that means wolfing down the equivalent of three chicken breasts, five rib eyes, or 2.27kg of tofu just to maintain his current muscle mass, let alone build more. That's why protein powder can be such an asset: one scoop delivers 20 to 25 grams of the nutrient, saving you several servings of soy curd or a bellyful of cow. Which powder is right for you? We chugged through 40 tubs and tapped top nutritionists to help you decide.

WORDS **MICHAEL EASTER** PHOTOGRAPHS **ISTOCKPHOTO & SOULART CREATIVE**



1/ Best for Bulking Up

If you lift big, shoot for a powder with a 2:1 ratio of protein to carbs. The reason: carbs boost protein absorption, helping speed muscle recovery. This "rich but not too heavy" formula from Labrada Nutrition delivers the goods with a strawberry flavour that unlike many brands, doesn't leave a chemical aftertaste. It also supplies 4g of fibre per serving, curbing hunger long after you leave the gym.

LABRADA NUTRITION LEAN PRO 8 STRAWBERRY ICE CREAM
MUSCLEMANIACLUB.COM RM130 1.32KG

PER SCOOP (50G)
220 CALORIES, 25G PROTEIN, 12G CARBS (4G FIBRES, 4G SUGAR), 8G FAT

PRICE PER SCOOP RM4.90
TASTE 7.6
TEXTURE 8



2/ Best for Slimming Down

Olimp's 100% whey protein complex impressed us because it offers 26.3 grams of protein for relatively few calories. What does that mean? It's perfect for guys trying to simultaneously build muscle mass and uncover their abs. Plus, it tastes just like coconut, making it one of the most palatable powders. And at just RM3.60 per scoop, it's also one of the most affordable options.

OLIMP SPORT NUTRITION WHEY PROTEIN COMPLEX 100%
OLIMP-SUPPLEMENTS.COM.MY RM225 2.2KG

PER SCOOP (35G)
136.7 CALORIES; 26.2G PROTEIN, 2.7 CARBS (0G FIBRE, 2.1G SUGAR), 2.3G FAT

PRICE PER SCOOP RM3.60
TASTE 7.5
TEXTURE 7.6



3/ Best for High-Intensity Training

HIIT workouts (think CrossFit and 30 Minutes of Hell) make your metabolism skyrocket both during and for hours afterwards as your body works to repair and strengthen damaged muscle tissues. Muscletech's Phase 8 leverages six forms of protein to deliver both an immediate dose of protein and a steady stream of amino acids for up to eight hours after a workout.

MUSCLETECH PERFORMANCE SERIES PHASE 8 MILK CHOCOLATE
BEFIT.COM.MY RM196.10 2.08KG

PER SCOOP (42G):
150 CALORIES, 26G PROTEIN, 7G CARBS (1G FIBRE, 0G SUGAR), 2G FAT

PRICE PER SCOOP RM3.90
TASTE 6.8



4/ Best for a Vegan Diet

When it comes to dairy-free protein, nothing beats one that includes pea. Pea protein has triple the amount of arginine that whey does. Studies show that boosting your intake of this amino acid can increase stamina performance and blood flow. In addition, it includes soy and wheat to provide you a balanced amount of essential and non-essential amino acids.

NUTRILITE ALL PLANT PROTEIN POWDER
AMWAY.MY RM124 450G

PER SCOOP (10G):
40 CALORIES, 8G PROTEIN, 0.3G CARBS, 0.5G FAT

PRICE PER SCOOP RM2.80
TASTE 7
TEXTURE 7

* Ratings are based on a 10-point scale.

THE BAR OPTION

Looking for a high nutrient, dairy-free, wheat-free, gluten-free, diabetic-friendly and 100% vegan protein bar? Formulated based on the zone diet (40-30-30 ratio), PureFit bars provide a balanced supply of goodies to help stabilises blood sugar, and burn stored fat for energy. And you'd be glad to know that they don't contain hydrogenated oils, trans fats, sugar alcohols and artificial sweeteners. ***caremark.com.my*** *RM10.50*





WHEY: YOUR OPTIONS

YOU WORK OUT HARD. HERE'S HOW TO LOCK IN YOUR GAINS WITH PROTEIN POWDER

KNOW YOUR NUMBERS

To optimise muscle growth and fat loss, look for powders that have at least 20 grams of protein, no more than 6 grams of sugar, and limited artificial sweeteners, which can give the powder a cloying chemical aftertaste.

DON'T PLAY FAVOURITES

For most guys, whether the shake has whey or casein doesn't matter. Both contain leucine, the key amino acid of protein that helps you build muscle. What does matter is eating sufficient protein overall, not its source.

FORGET "THE WINDOW"

Protein synthesis (the process of building muscle) remains elevated for 24 hours after you exercise, not just during a brief postworkout window. So as long as you're consuming enough protein, the timing doesn't matter.

SKIP GAINER FORMULAS

They're glorified milkshakes. Make your own without the empty calories: blend 240g 1% milk, 1 Tbsp peanut butter, a banana, and ice for a base of 294 calories, 41g carbs, and 13g protein. Top it off with your favourite protein powder.



FROM ALL SIDES

Clique Clinic offers more ways to sculpt the body you always wanted!



DR LIM TING SONG, MD

The Sculptor Dr Lim has been actively involved in body sculpting work in the past few years. Graduated from Tohoku University in Japan under the Japanese Government Monbusho Scholarship, he was trained and worked in both Japan and USA as medical physician before residing back to his home country, Malaysia. Dr Lim and his team in Clique Clinic has been working to sculpt the ideal body shape by introducing the multi-disciplinary approach, combining diet, exercises, medical and state-of-the-art technologies without needing to go under the knife.



In the 1980s, babies going through popsicle therapies for teething issues developed dimples due to the "popsicle panniculitis" phenomenon. Based on such observation, it is postulated that fat is hypersensitive to cold. When controlled cooling was applied to fat cells in certain areas, they crystallised and go into programmed cell death, sparing the skin, nerve and blood vessels. Harvard doctors and scientists worked together to come out with a device that did the job at its best: CoolSculpting®.

CoolSculpting® is no doubt the perfect solution to strip away stubborn fat that's resistant to aggressive dieting and exercising. Through CoolSculpting®, an applicator is placed on stubborn fat areas – in the weeks that follow, targeted fats are naturally eliminated from the body for long-term results!

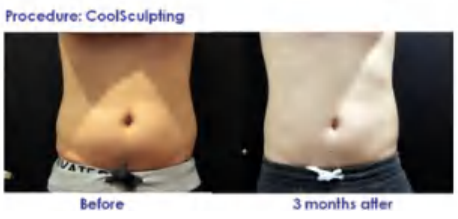
Tailored to meet your specific needs, CoolSculpting® comes with a number of different applicators for different parts of your body. The debulking applicators are used to debulk areas with high fat volumes and numbers, covering a wider surface area. The cutting-edge CoolMax™ debulk applicator is used for larger sections or bulges. The curved panels are longer and work deeper into the tissues whereas the other applicators include:

- CoolCore™ is a vacuum-based curved sculpt applicator for sculpting the abdomen to target the spare tyre, muffin tops, love handles and "second-butt" on the thigh areas.
- CoolCurve+™ is a vacuum-based curved sculpt applicator for sculpting a thinner waist line, male chest, back, etc. It is of the same volume as CoolCore™.
- CoolFit™ is a vacuum-based flat applicator cup ideal for longer, vertical and hard-to-reach bulges. Recommended for the arms and inner thigh, it can also be used vertically on abdominal areas to create the desired bodyline. The longer and deeper cooling panels maximise treatment areas with 38% greater surface cooling than CoolCore™ and CoolCurve™.
- CoolSmooth Pro™ is a nonvacuum-based sculpt applicator designed for non-pinchable fat bulges on outer thigh areas. Adjustable to fit all individuals, it offers proven clinical results with 86% of patients reporting visible results. This applicator is often used for outer thighs (saddle back) and to thin frontal abdominal fat to give you the sculpted six packs you've always wanted.

CoolSculpting® is an art of sculpting your body through methods that are non-invasive yet effective. Most often than not, the careful planning as well as preparation will enable you to achieve the near ideal body shape. The choice of applicators is based on the doctors or sculptors' discretion.



CoolCore™









ZELTIQ COOLSCULPTING®

CoolSculpting's unique technology uses controlled cooling to freeze and eliminate unwanted fat cells without surgery or downtime. The procedure is FDA-cleared, safe and effective. The results are lasting and undeniable.

PROVEN RESULTS WITHOUT SURGERY

Renowned Harvard University scientists, Dieter Manstein, MD and R. Rox Anderson, MD, observed that some children got dimples due to eating popsicles. The idea that cold can selectively affect and eliminate fat cells without damaging the skin or surrounding tissue was the insight behind Cryolipolysis®, the proven science on which the CoolSculpting procedure is based.

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ON THE UP 24/7

The ascent of Henry Golding's career is the stuff of legend – we've witnessed him navigating the railroads of Japan and venturing into tropical jungles. Find out how he lives life to the fullest and how you can walk away a better man



WORDS **ANIS TAUFIK** PHOTOGRAPHS **KAHMUN/MYTH STUDIO** ART DIRECTION **SHAHRUL HILAL** STYLING AND COORDINATION **JOHN NG** GROOMING **JOEY YAP** FOR MAKE UP AND **ANGELINE LOW** FOR HAIR; HENRY GOLDING WEARS JACKET FROM SAC OOR BROTHERS



AN INTRODUCTION IS NOT NECESSARY.

Henry Golding's expansive career in television's made him a household name – who doesn't remember his antics on the 8TV Quickie and his foray into more serious broadcasting under networks like Channel News Asia and the BBC? We caught up with our previous *MH* Guy from 2013 to find out how much has changed in just two years and his advice on how you too can up your game.

★ MAKE A NAME FOR YOURSELF

Golding was a hairdresser in London before taking a leap of faith and venturing into the Asian media industry. He talks about the shift in mentality it involved and how even something basic like changing the way you introduce yourself can lead to massive impacts in other areas of your life. "It's really about how you address yourself," he says. "From going, 'I'm Henry the hairdresser' to 'I'm Henry. I'm a television host and presenter', a lot more doors opened." You might not know the person you're talking to or where the conversation can go, but just labelling yourself differently lines you up for more opportunities. Or as Golding points out, "Doors that you'd never come across if you didn't make that mental shift."

★ MARK YOUR LIMITS – AND BREAK 'EM

Here's how the ol' adage goes: if you fail to plan, you plan to fail. According to Golding, giving yourself a list of goals at the beginning of the year is a fantastic way to plan out exactly what you hope to accomplish. "You can't just mope around, watch cats on YouTube and do nothing," he says. "You've got to have purpose. Human beings in existence need purpose. It gives birth to drive and passion, which ultimately leads to success."

Take advantage of the quieter periods to plan and prioritise too. Golding touches on why it's so vital to set a target for yourself, saying "When you put it out there in the universe, it sends out a subliminal message for things to happen." But he warns you against getting too caught up in this single aspect of the Law of Attraction because at the end of the day, a fighter's still gotta hustle. "You can't just sit on your arse and do nothing. You can't procrastinate. You have to be proactive in achieving what you want. You never know what you'll end up achieving when you have a goal and set out to do something."

An active go-getter who's constantly seeking fresh challenges, Golding recently signed on with Discovery Channel. "I've always wanted to work with Discovery Channel and it's a dream come true." He revealed a little more about the project, "We're doing a special on the Sabah earthquake. We're going to be the first crew of people given access to climb Mt Kinabalu after the quake. We'll be investigating stories of the people who were there and why it all happened." He added that he'd taken it on as a personally driven story, mentioning his East Malaysian roots.

★ SUGGEST. DON'T DEMAND

Conflicts are inevitable no matter where you go. Golding's guide on how to resolve them like a gentleman is brief, but impactful: make suggestions rather than demands. It never hurts to stay level headed no matter what's going on around you either.

Productions can be a crazy business, especially when you're covering off the wall news like he does. "We were in Tacloban, the Philippines a month after Typhoon Haiyan. The hospitals were overloaded with hazardous health waste like old IV drips and blood transfusion bags. There was no real place to put it, so they were dumping them in big landfills. We were investigating that."

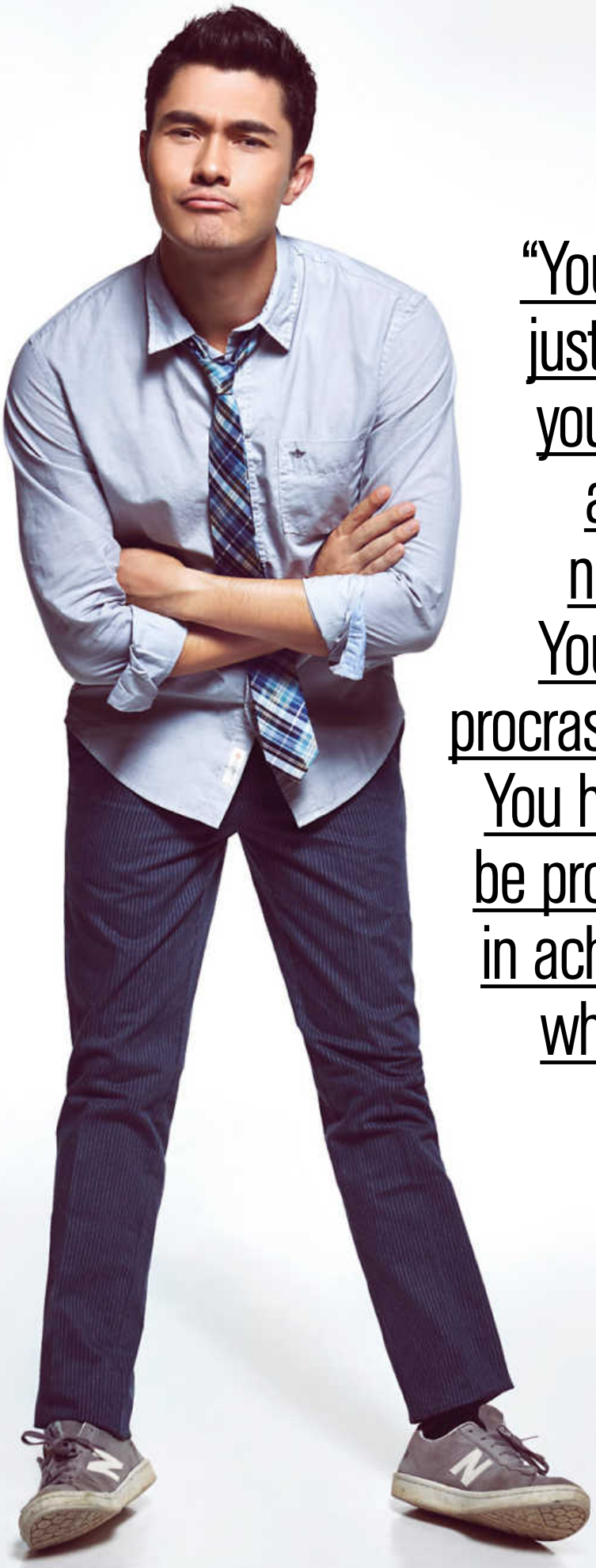
Being on the field where the action is can impair your judgment. "You get these blinkers on when you see really good content and go 'Camera over here! Pick up that!' and forget about safety." The news crew entered the fray, where even the locals were treading on needles looking for recyclables. "You're in an environment that's completely hostile. The content is just lying everywhere – you get that magpie syndrome and your risk assessment just doesn't exist." They began poking around, picking up tangled, used syringes and tubes that still contained blood. "I was like, let's just slow down – this is where things go wrong. I had a stick to pick up stuff, but if something flicked up and went into my eye or anything – that's it. Game over."

★ TAKE THE MIDDLE PATH

The struggle is always between the man you are – and the man you could be. Golding gives his two cents on the role adventure should play in your life, saying, "You need to find adventure in everything you do. You'll deal with anything that comes your way better when you have that." But he's quick to dispense a word of caution – it can be a double-edged sword if you're not careful. "Adventure leads to great things, but if you've got too much of it, you won't have security. And if you have too much security, the adventure seeps away – you'll just be bored and stagnant." He offers the following as an olive branch to balancing the exciting and mundane: always look at the bigger picture and know when to say no, especially when your actions carry consequences upon others. "You need to realise how much of a domino effect a 'yes' would make and live with those."

★ GO WITH A MISSION

Getting ahead in today's fast paced world can be daunting, especially if you're prone to being tongue-tied in social situations and networking doesn't come naturally. Fret not – Golding's a self-confessed introvert and he knows



"You can't just sit on your arse and do nothing. You can't procrastinate. You have to be proactive in achieving what you want."

HENRY GOLDING WEARS BURMA GREY LAUNDERED POPLIN SHIRT, THE KHAKI SLIM TAPERED PINSTRIPE PANTS AND NECKTIE FROM DOCKERS

CHANGE THE WAY YOU TRAVEL AND SEE THE WORLD THROUGH NEW EYES

GET OFF THE BEATEN PATH

"Nowadays, wherever you go in a city, you're only as far away from your hotel as a taxi ride. Don't worry about getting lost; just walk – it's okay not to have any real sense of direction. Have a rough guide of where you want to go and wander around – you'll start noticing little details that you'd miss otherwise. Just don't forget to bring your camera!"

STAY FIT WHILE ON THE MOVE

"I do some yoga, and sometimes I'll go through a quick routine of sun salutations while travelling. I love the stretching – it feels good to hyperextend your back, just to compensate all the hunching. Even something simple like the child pose in the morning kinda opens up your little spine pockets and lets you breathe."

COMPARTMENTALISE YOUR LUGGAGE

"I use packing bags to keep all my clothes and belongings separate. Everything used to get mixed up after a few days of travelling. When you have a packing bag, you just unzip to get what you want and zip it back up. It really helps when all your socks and underpants are in one bag, your t-shirts in another – you don't end up smelling things to find out if they're new!"

FOCUS ON YOUR HEALTH

"Keep hydrated during long flights – drink lots of water. It helps with your complexion, especially with the spots. I always bring an empty bottle with me instead of relying on the tiny cups they use in flights. Travel with some vitamin supplements too. I knock back some vitamins C and B12 on heavy days."



just a little too well how tough things can be for the shy guy. "I think I have this social anxiety sometimes, when it comes to networking parties, people hobnobbing and stuff. It's like swings and roundabouts; I'd feel extremely uncomfortable if I've got no reason to be there at all." He explains that it all boils down to what your motivation is for being out, "There has to be a reason for why you're there. Ask yourself 'What are you doing? Why?' to remind yourself." You'll find it so much easier to motivate yourself and stay grounded if you're clear about the agenda, be it to meet new people or make professional connections.

★ **FIND STORIES TO TELL**

Sometimes, the simplest mission can put you on the path towards greater truths. "I set out to create as many memories as possible. I kinda simmered down the idea of what life really is about – for me, it's the stories. That's what I want to tell." Golding talks about the trap of routine that you can fall into where you're stuck doing the same thing instead of experiencing the world, which puts you at a loss. "I'm lucky cause I found a way of fulfilling my passion that feeds my need and urge to travel – it's an ideal situation." ■


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PERFECT SANDWICHES

Enough with the turkey wraps and bologna subs. Let the best new sandwich shops kick the boring out of your brown bag forever



The Earl's Legacy Lives.

Forty-three percent of Americans eat four or more sandwiches a week, according to the market research firm Technomic. That's 208-plus sandwiches a year. The most eaten option? Humdrum ham and cheese. If you're still slapping deli meat and "cheese food" singles on bland, presliced bread, maybe it's time for an intervention.• Start making sandwiches as you would a meal: with a plan. Innovative creations are coming out of kitchens all over the country these days: Noble Sandwich Co. in Austin, Texas, serves a house-cured duck pastrami sandwich. Bäco Mercat in Los Angeles enrobes crispy shrimp in its proprietary flatbread. The grilled cheese at the Melt Bar & Grilled in Ohio is so good that patrons are willing to tattoo the shop's logo on their skin to score a lifetime discount.• We know what you're thinking: those chefs are pros. You just want to fill your gut. But if you plan ahead and stick to our new rules of sandwich architecture, you'll do the earl proud.

1 STAGE A DELI COUNTER ATTACK

Roast Chicken Sandwich with Crispy Skin

WHAT YOU'LL NEED

- **1** WHOLE ROAST CHICKEN (1.6 TO 1.8KG)
- **1½** TSP CORIANDER SEEDS, TOASTED IN A DRY SKILLET
- **1½** TSP FENNEL SEEDS, TOASTED IN A DRY SKILLET
- **2** TBSP LEMON JUICE, PLUS 1 TSP ZEST
- **¾** CUP PLAIN GREEK YOGURT
- **2** TBSP OLIVE OIL
- **2** TSP HONEY
- **1** TBSP UNSALTED BUTTER
- **½** TSP YELLOW CURRY POWDER
- **1** EGG
- **2** SLICES WHITE BREAD (1" THICK)
- BABY SPINACH, FOR SERVING

HOW TO MAKE IT

1/ Using a small knife, remove the chicken skin. Bake the skin in a 177°C oven until crispy, 5 to 7 minutes. Set aside. Carve and slice one chicken breast.
2/ Using a spice grinder, grind the coriander and fennel. In a small bowl, mix those spices, lemon juice, zest, yogurt, olive oil, and honey. Season with salt and pepper.
3/ In a skillet on medium low, heat the butter and curry. Add the egg and cook it over easy, 1 minute per side. Cover one bread slice with 2 Tbsp dressing. Add chicken, egg, spinach, skin, and the other bread slice.

—John Bates, owner and chef, Noble Sandwich Co., Austin, TX

2 BAKE YOUR OWN DAMN BREAD

Charred Eggplant Bäco with Hummus

WHAT YOU'LL NEED

- **1½** TSP DRY YEAST
- **1** CUP WARM WATER
- **1½** TSP SUGAR
- **3** CUPS ALL-PURPOSE FLOUR
- **1** TSP SALT
- **6** TBSP OLIVE OIL
- **3** TBSP PLAIN WHOLE-FAT YOGURT
- **2** TBSP CANOLA OIL
- FILLINGS: HUMMUS, GRILLED EGGPLANT ROUNDS, CHOPPED ROASTED RED PEPPERS, TORN MINT LEAVES, THINLY SLICED JALAPEÑO, THINLY SLICED RED ONION, LEMON ZEST

HOW TO MAKE IT

1/ In a medium bowl, mix the yeast, water, and sugar. Let it sit till foamy, about 10 minutes.
2/ In another bowl, mix the flour, salt, olive oil, and yogurt. Add half to the yeast, mix, add the rest, and knead until smooth, about 10 minutes. Put in a bowl, cover with a towel, and rest it till doubled, 1 to 2 hours.
3/ Knead the dough on a floured surface for 10 minutes. Make 10 balls; flatten to ¼"-thick discs.
4/ Heat the canola oil in a hot pan and cook the discs till puffy, about 30 seconds per side.
5/ Add your choice of fillings. Fold. Bite.

—Josef Centeno, executive chef and owner, Bäco Mercat, Los Angeles

Food styling: Brett Kurzweil/Art Department; illustrations by MARC FERRINO

Eat Well All Week!
These meaty recipes leave you with leftovers: a very good thing



SPICY BROWN SUGAR PULLED PORK WITH KIMCHI

Preheat the oven to 163°C. Mix ¼ cup kosher salt with ½ cup sugar and rub into a 1.4 kg pork shoulder cut into 2" cubes. In a bowl, whisk ¼ cup fish sauce, ¼ cup sriracha, and ¼ cup water. Put the pork in a high-sided pan, add the sauce, cover with foil, and roast until very tender, about 3 hours. Remove the pork, cool, pull the meat, and mix with ⅓ cup lime juice, ⅓ cup fish sauce, ⅓ cup brown sugar, ½ cup sriracha, ½ cup chopped cilantro, and ½ cup sliced scallions. Reheat in an oiled pan on medium, 3 minutes. Serve with kimchi on ciabatta.

—Rick Gencarelli, chef and owner, Lardo, Portland, OR



FRESH LOBSTER ROLL WITH BROWN BUTTER VINAIGRETTE

For the sauce, heat 1 stick of butter in a pan on medium, whisking until golden brown, 3 to 5 minutes. Pour it into a bowl and add 1 Tbsp lemon juice. Season with sea salt. Bring a large pot with 1" water to a boil. Add two 570 g lobsters, cover, and steam them until bright red, about 7 minutes. Chill the lobsters in the fridge; then extract the meat. Brush a hot dog bun with the sauce and toast it in a pan on medium until browned. In another pan, warm some of the lobster meat with 2 Tbsp sauce. Stuff it in the roll. Top with chopped fresh chives.

—Andrew Taylor, chef, Eventide Oyster Co., Portland, ME

Play Sauce Doctor

Give sandwiches new life by raiding your fridge's condiment rack

SPREAD ON: PASTRAMI SANDWICH

¼ CUP KETCHUP + 1 TBSP HOT SAUCE +
¼ CUP MAYONNAISE + 2 TBSP PICKLE RELISH =
"SECRET" SAUCE

SPREAD ON: GRILLED-CHICKEN SANDWICH

½ CUP PEANUT BUTTER + 2 TBSP ORANGE JUICE +
1 TSP HOT SAUCE + 2 TSP SESAME OIL =
ASIAN PEANUT SAUCE

SPREAD ON: STEAK SANDWICH

½ CUP YOGURT + 1 TSP SALT +
½ BUNCH HERBS, CHOPPED + 2 TSP LEMON JUICE =
HERBED YOGURT SPREAD

3 CONCOCT YOUR OWN CONDIMENTS

BLT with Roasted Corn and Jalapeño Aioli

WHAT YOU'LL NEED

- **2** TBSP EXTRA-VIRGIN OLIVE OIL
- **1** SMALL EAR CORN, KERNELS REMOVED (½ CUP)
- **½** JALAPEÑO, STEMMED AND DICED, SEEDS INCLUDED (ABOUT 1 TBSP)
- **1** TSP SALT
- **2** TBSP LIME JUICE
- **2** EGG YOLKS
- **1** CUP CANOLA OIL
- **½** TSP ANCHO OR CHIPOTLE POWDER (OR SOME OF BOTH, IF YOU HAVE THEM)
- **2** TBSP BUTTER, SOFTENED
- **8** SLICES CHALLAH, ½" THICK
- **1** HEAD BIBB LETTUCE, TRIMMED AND WASHED
- **1** BEEFSTEAK TOMATO, CUT CROSSWISE INTO ¼" SLICES
- **2** AVOCADOS, SLICED
- **450** G BACON, COOKED CRISPY

HOW TO MAKE IT

1/ For the aioli, heat the olive oil in a pan on medium. Sauté the corn and jalapeños till browned, 3 to 5 minutes. Cool. In a food processor, blend the salt, lime juice, and yolks for 10 seconds. Slowly add canola oil until creamy. Move to a bowl; stir in the corn and chile powder.
2/ Butter two bread slices on both sides; toast them in a pan on medium. Spread one side of each slice with 1 Tbsp aioli. Now top a slice with lettuce, tomato, avocado, and bacon. Close the sandwich, smush, and cut in half. Repeat to make three more BLTs.

—Michael Shemtov, chef and owner, Butcher & Bee, Charleston, SC

4 LAY THE CHEESE ON REAL THICK

Mushroom and Onion Melt

WHAT YOU'LL NEED

- **2** TBSP CANOLA OIL
- **1** SPANISH ONION, SLICED
- **1** CUP PORT WINE
- **½** CUP BROWN SUGAR
- **6** GARLIC CLOVES, CHOPPED
- **1** TBSP OLIVE OIL
- **1** CUP SLICED BABY BELLA MUSHROOMS
- **1** CUP SLICED WHITE MUSHROOMS
- **1** SHALLOT, CHOPPED
- **2** TBSP RED WINE
- **1** CUP BEEF STOCK
- **½** TSP DRIED THYME
- **½** TSP DRIED ROSEMARY, CHOPPED
- **1** TBSP BUTTER, SOFTENED
- **2** SLICES (1" THICK) COUNTRY BREAD
- **6** SLICES PROVOLONE CHEESE

HOW TO MAKE IT

1/ Heat the oil in a pan on medium high. Sauté the onion until golden, about 10 minutes. Add the port wine, sugar, and 2 garlic cloves. Sauté on medium till syrupy, 15 to 20 minutes. Season.
2/ Heat the olive oil in a pan on medium high. Add mushrooms, shallot, and more garlic. Season. Cook till golden, 5 to 8 minutes. Add the wine, stock, and herbs. Cook off the liquid on medium heat, 8 to 10 minutes.
3/ Butter and toast the bread. Divide cheese on the bread slices. Bake at 177°C until melted, 3 to 6 minutes. Add onion and mushrooms. Close.

—Matt Fish, chef and owner, Melt Bar & Grilled sandwich shops throughout Ohio

Loaf Around!

JOHNSON YU, BREAD INSTRUCTOR AT THE INTERNATIONAL CULINARY CENTER, DESIGNS SANDWICHES BREAD-FIRST TO ENSURE A PROPER MEAT-TO-STARCH BALANCE. HERE ARE YU'S BEST BREAD BETS

	BLT	PASTRAMI	GRILLED CHEESE	STEAK SANDWICH	EGG SALAD	FRENCH DIP
BRIOCHE Rich in butter and sugar, it has a subtle sweetness.	●	○	●	●	●	●
FOCACCIA Olive oil makes this flatbread smell great.	○	●	●	●	○	○
CIABATTA A sturdy crust can handle larger loads of fillings.	●	○	●	●	●	●
BAGUETTE This French bread carries a satisfying chewiness.	●	○	○	●	●	●



MEAT UP!

Use whole cuts to avoid additives often found in deli meat (see rule 1)

HENRY GOLDING WEARS BURMA GREY LAUNDERED POPLIN SHIRT, THE KHAKI SLIM TAPERED PINSTRIPE PANTS AND NECKTIE FROM DOCKERS

1/ Sauté five or six large salt-and-pepper shrimp and tuck them into a washed leaf of romaine lettuce. Top with a handful of bean sprouts, a scattering of thinly chopped scallions, a squiggle of sriracha, and a quick shake of toasted sesame seeds.
2/ Toast a split English muffin and top each half with tomato, a layer of smoked salmon, one sunny-side-up egg, and chopped fresh dill. 6/ Line a wheat wrap with shredded chicken, sliced black olives, marinated artichoke hearts, feta, chickpeas, and chopped fresh parsley.

Earn your bread — the lazy way!
Recipes so easy they'll make the Sunbeam girl weep

SKILLET CORNBREAD

Preheat the oven to 218°C. In a bowl, mix 3½ cups cornmeal, 2 tsp baking powder, and 2 tsp salt. In another bowl, mix 1¼ cups buttermilk, 1¼ cups whole milk, and 1 beaten egg. Stir in 7 Tbsp melted butter. Slowly add to the dry mix. Pour into a hot, buttered cast-iron skillet. Bake till golden, about 20 minutes.

—David Bauer, owner, Farm & Sparrow Bakery, Candler, NC

STEEL-CUT OAT LOAF

Butter a 900 g loaf pan and dust it with flour. Mix 1½ cups rolled oats, 1½ cups steel-cut oats, 1¼ cups oat bran, 1 tsp baking powder, 1 tsp baking soda, 1 tsp brown sugar, 1 tsp salt, and 2½ cups buttermilk. Add the batter to the loaf pan and then let it rest for 30 minutes. Preheat the oven to 177°C. Bake about 1 hour.

—Breads & Baking: The Irish Kitchen

ONE-BOWL BEER BREAD

Preheat your oven to 177°C. Line a 9″×5″ loaf pan with parchment paper. In a large bowl, mix 3 cups all-purpose flour, 3¾ tsp baking powder, ¾ tsp salt, and 3 Tbsp sugar. Stir in 1 IPA-style beer until combined. Add to the pan. Bake till a toothpick inserted into the middle emerges clean, about 1 hour.

—Joel Prickett, brewer at Harpoon Brewery, Boston, MA

Be a Sauce Boss

BOTTLED AND JARRED CONDIMENTS OFTEN FALL SHORT ON FRESH FLAVOURS. MAKE YOUR OWN TOPPINGS AND TRUMP ANYTHING IN THE GROCERY STORE.



Beer Hummus

The Alaskan Brewing Company mixes beer into hummus to pump up the flavour. Puree 439 g of drained chickpeas, 1 tsp lemon juice, 2 minced garlic cloves, 1 tsp sesame seeds, ¼ cup IPA, 1 tsp coriander, 1 tsp cumin, ½ tsp salt, and ¼ tsp cayenne, until smooth. Pair with fresh beer bread (see left). *Makes 3 cups*

Root Beer BBQ Sauce

In a pan on medium-high heat, sauté 1 finely chopped onion and 1 minced garlic clove until soft, 3 to 5 minutes. Add 2 cups root beer; reduce by half, 15 to 20 minutes. Stir in 1 cup ketchup, 2 Tbsp brown sugar, ½ tsp cayenne, and ½ tsp smoked paprika. Thicken on low heat, about 25 minutes. Serve with pulled pork. *Makes 1 cup*

Garlic and Fresh Herb Oil

Italians serve their steaks with a drizzle of herb oil. Take a handful of washed herbs, such as parsley, basil, or thyme; roughly chop them with a garlic clove; add a pinch of salt; and submerge in 1 cup extra-virgin olive oil. Let them marinate for at least 30 minutes. Drizzle over a grilled steak or roasted-vegetable sandwich. *Makes 1 cup*

Sweet Onion Relish

Put this jamlike mixture on a roast beef sandwich. In a large pan over medium heat, sauté 2 Tbsp butter, 2 Tbsp vegetable oil, 2 sliced onions, and 1 tsp dried thyme until the onions soften, 5 to 10 minutes. Add ¼ cup maple syrup and 4 tsp sherry vinegar; cook until the onions are caramelised. Season with salt and pepper. *Makes 1 cup*



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WHAT SUPP



While nothing beats exercise and a healthy, balanced diet, there are certain nourishments our bodies can benefit from that are found in limited supply in the foods we consume. Luckily, there are ways to gain the nutritional boosts that are increasingly vital as we get older. Here, we look at the importance of supplements – especially as the years go by

WORDS **JOHN NG** PHOTOGRAPHS **ISTOCKPHOTO**



20s

1/ MULTIVITAMINS

Multivits are a good way to make up for your nutritional shortfalls. Make sure you take those that contain two key nutrients: selenium to protect cells with its antioxidant properties, and zinc to boost your immune system as well as testosterone levels.

2/ PROBIOTICS

Find these good bacteria in yoghurt, fermented and unfermented milk, miso and soy beverages. You need them to aid nutrient digestion and absorption, for overall gut health and to enhance your immune system, says Yeoh Ee Ling, *MH* adviser and dietitian at Fitness Innovations Malaysia.

3/ FISH OIL

Loaded with omega-3 fatty acids, fish oil helps with depression, Alzheimer's disease and other mental disorders. "Start taking it as early as you can as it aids in muscle growth and fat loss, promotes bone health, and improves lipid profile and general well-being," says Yeoh.

4/ MILK THISTLE

All those drinks from last night catching up with you? Research shows that the antioxidant and anti-inflammatory compound silymarin is delivered to the liver to prevent alcohol damage and to stimulate the organ to repair itself.

30s

5/ VITAMIN D

It's the ultimate supplement: a prohormone that regulates everything from digestion to sweat, with mood regulation being its primary function, according to the MedStar Union Memorial Hospital in Baltimore. "You want to be taking this if you have a desk job," says Yeoh.

6/ MAGNESIUM

Are the stresses of work and life getting the better of you? This electrolyte is crucial for proper muscle, nerve and enzyme function as it relaxes the body and keeps blood pressure normal. It's also an NMDA antagonist, which means it increases your tolerance for stimulants.

7/ GINKGO BILOBA

This powerful antioxidant helps prevent brain cell damage, and there is evidence supporting its role in managing dementia, anxiety, schizophrenia and cerebral insufficiency (lack of blood flow to the brain). "You want to start early to preserve your mental health," adds Yeoh.

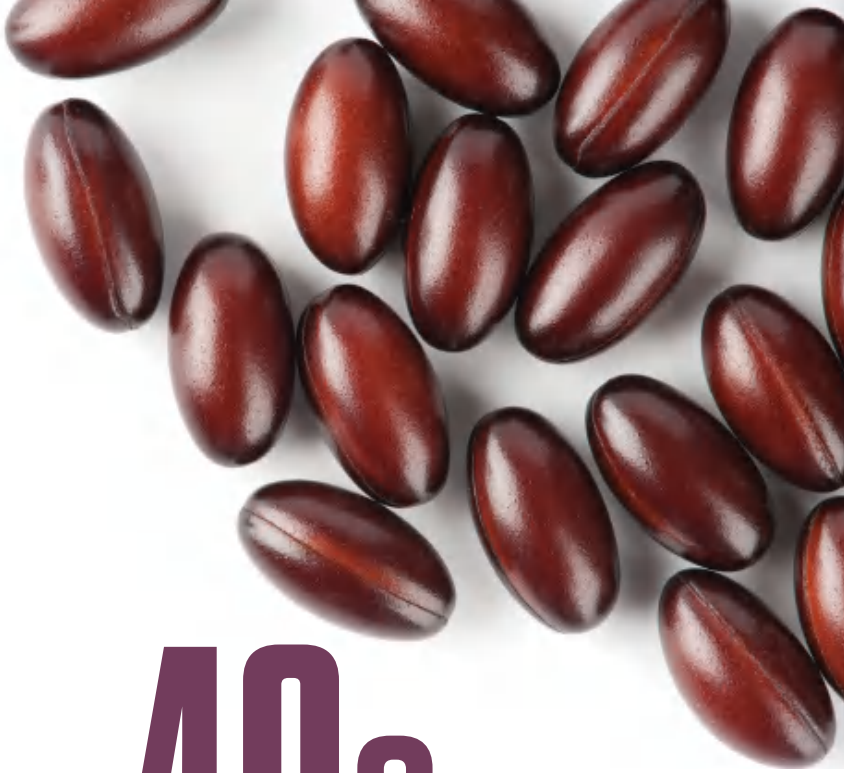
8/ GREEN TEA EXTRACT

If you notice yourself gaining weight much more easily than before, take this – it's the ultimate supplement to fire your system. Numerous studies have demonstrated that green tea and the compound epigallocatechin gallate (EGCG) it contains can boost cardiovascular and metabolic health.

9/ CREATINE

Have you peaked? Creatine may be what you need to increase your body's ability to train harder. Fret not: it is one of the most-researched sports supplements, and there's no published literature to suggest it's unsafe, says Dr Chad Kerksick, assistant professor of exercise physiology at the University of Oklahoma.





40s

10/ COENZYME Q10

"Your body makes CoQ10 to produce energy for cell growth, and the levels decrease with age or if you have illnesses such as cancer, diabetes and HIV/AIDS," says Yeoh. However, if you're on cholesterol-lowering medications like statins, the effects of CoQ10 may be reduced, while the risk of low blood sugar in diabetics on insulin increases.

11/ SAW PALMETTO

If you're waking frequently during the night to pee, chances are your enlarged prostate is putting pressure on your bladder. While saw palmetto – a palm-like plant with berries – doesn't decrease the size of the prostate, it does reduce the inner lining that puts pressure on the tubes that carry urine, according to MedlinePlus.

12/ ALPHA-LIPOIC ACID

Alpha-lipoic acid improves blood sugar and insulin sensitivity, and also regenerates other antioxidants such as vitamin C, vitamin E and glutathione to help neutralise free radicals. It also acts with B-vitamins to turn proteins, carbs and fats consumed through food into energy.

13/ ZINC

A mineral to heighten your immune function to fight illness, zinc reduces the frequency of flu and lessens the symptoms. You also need adequate amounts of zinc in your body for robust testosterone levels.

50 and over

14, 15, 16/ ACETYL-L-CARNITINE, PHOSPHITADYLSERINE AND GPC

Don't remember where you put your keys – again? These nutrients are vital for brain health. They don't just delay the onset of age-related cognitive decline, but also improve responses to stress and mood. Talk about staying mentally sharp as you age.

17, 18/ GLUCOSAMINE AND CHONDROTIN

Don't let joint pain slow you down. Use this combination to reduce joint pain and inflammation. "Glucosamine stimulates cartilage production and chondroitin draws liquid to the cartilage to keep it spongy," explains Yeoh.

19/ VITAMIN B12

"We need vitamin B12 to make red blood cells, and for the proper functioning and health of nerve tissues," says Yeoh. And since our ability to absorb vitamins from food becomes more of a challenge as we age, a supplement is needed to treat the deficiency.

20/ CALCIUM

Calcium is leaching out of our bones as we speak, so start packing up on it to offset the losses. Weakened bones are more prone to fracture. While we may not be able to reverse the inevitable, we can at least slow down the deterioration. ■



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DR. RUBAN'S
SKIN & HAIR CLINIC

HAIR FOREVER

Your questions about hair loss – answered by Dr Ruban Nathan!

How can you confidently claim: 'hair forever'?

We take the hair from the back of the scalp and its surrounding fat, which is genetically immune to the hair loss, and translocate them to the top and front of the scalp. Of course, to do so, the surgeon and hair technicians have to be experienced enough not to damage the follicles.

How can we tell if a doctor is experienced?

The Ministry of Health (MOH) will issue a license to practice to those doctors who have proven their experience. The patient has a right to ask to see a copy of this LPC.



Follicle preparation using the latest stereomicroscopes

Why do some doctors talk about hairs, and other grafts?

We don't talk about hairs anymore since 1984 when John Headington first described the true occurrence of hairs in the scalp in bundles of one to four known as follicular units. Our job is thus to preserve those bundles, which results in a better cosmetic result, not to mention the costing of the procedure should be done in accordance to per graft and not per hair.

Are there any major risks involved?

We have been sharing our techniques by attending the ISHRS (International Society of Hair Restoration Surgeons) meeting, which began in 1994, and since then, the procedures have just gotten better and better.

Does the hair regrow immediately?

No. It will take around four to six months to start growing. Initially they are fine and will gradually regain their full thickness in 10 to 12 months.

Is it applicable to other indications apart from genetic hair loss?

Yes. Hair transplant is also used to increase eyebrow density, facial hair and even to replenish body hair. It is also used for burn patients as well as those who have lost hair from surgery, often as a result of brain surgery or facial trauma.



Hairline Design - Soft Hairline Post Transplant

Are there any non-surgical techniques to regrow hair?

Yes, and those that have been proven to work include the lotion version of an antihypertensive, 5-alpha reductase inhibitors and PRP – all of which works well in the early stages of hair loss.

What is PRP?

Abbreviation for platelet-rich plasma, PRP is when a patient's blood is drawn from which the plasma is extracted. It is then stimulated (to release the growth factors) and reinjected into the deep layer of the skin. PRP is often done during a hair transplant procedure to optimise hair regrowth .

How come you don't get a transplant yourself, Dr Ruban?

This procedure is not compulsory, and is only necessary if one is not happy with one's appearance. Sadly, I'm easily pleased.

www.drruban.com



Dr Ruban Nathan, MBBCh(Ire) FRCP(UK) DipDermSc(UK)Dip Laser Surg(USA) FAAD (USA) AM (Mal), is the Senior Consultant Dermatologist at Dr Ruban's Skin & Hair Clinic (+ Nathan Skin , Laser Centre) & Sunway Medical Centre.

CAN YOU SHOCK YOURSELF SMART?

Running an electric current from a homemade device directly into your brain sounds plain stupid – but it might complete the circuit to a clearer, cooler head. MH taps into the wires

WORDS **MATT HAMBLY** PHOTOGRAPHY **ROWAN FEE**


E10663
Head and Torso Simulator
Type 4128

I'm sat at home

at my desk, and in an effort to become more intelligent I'm about to electrocute myself. Attached to my right temple is an electrode. It's connected to a 9-volt battery that has another wire running from it, attached to my shoulder. I resemble a human circuit board. The whole, rudimentary, contraption cost £30 and arrived in the post days after I ordered it online. There's no instruction manual. All that remains is to flick the switch. This is 'transcranial direct current stimulation' – or tDCS – and if the research is to be believed, it could be about to supercharge our brains.

The theory, expounded by everyone from academics to amateur enthusiasts, is simple. Running a constant low-level current through the brain stimulates your neurons – the pathways in the brain along which electrical impulses travel – and this increases cognitive function. Depending on where and how you apply the current, via the placement of the electrodes, you can target different parts of your brain. Stick an electrode on your left temple to enhance your memory; slide it to the right and tinker with your motor skills. It sounds like the kind of pseudo-science you'd expect to see in a bad '80s sci-fi movie, and yet its exponents claim this is the cutting-edge of modern neuroscientific research.

"We've shown that we can improve the performance of subjects in basic numerical tasks," says Dr Roi Cohen Kadosh, lead researcher at Oxford University's department of experimental psychology. "We can improve the speed of learning and we've shown that, at a neural level, the effects are long lasting too." A big promise, and it gets bigger: in a study published in The Journal of Neuroscience last December, Dr Cohen Kadosh showed that using tDCS not only improved the performance of subjects tasked with solving maths problems,but also reduced their levels of the stress hormone cortisol by up to 20%. If this research turns out to be replicable, it means you could make yourself smarter and calmer at the turn of a dial.

I don't know about you, but that sounds mighty appealing to me. I'm no fool, but when it comes to even the simplest of sums, such as splitting a bill, my mind goes blank. I'm young, fit and able, yet when it comes to names, I have the memory of a sleep-deprived goldfish. And I may not be tearing my hair out, but a cloud of low-lying stress permanently casts its sinister shadow over me both in the office and, more worryingly, at home. So if the only thing standing between me and the mind of a cool and collected Mensa master is a square battery, why not get wired?

Shock To The System

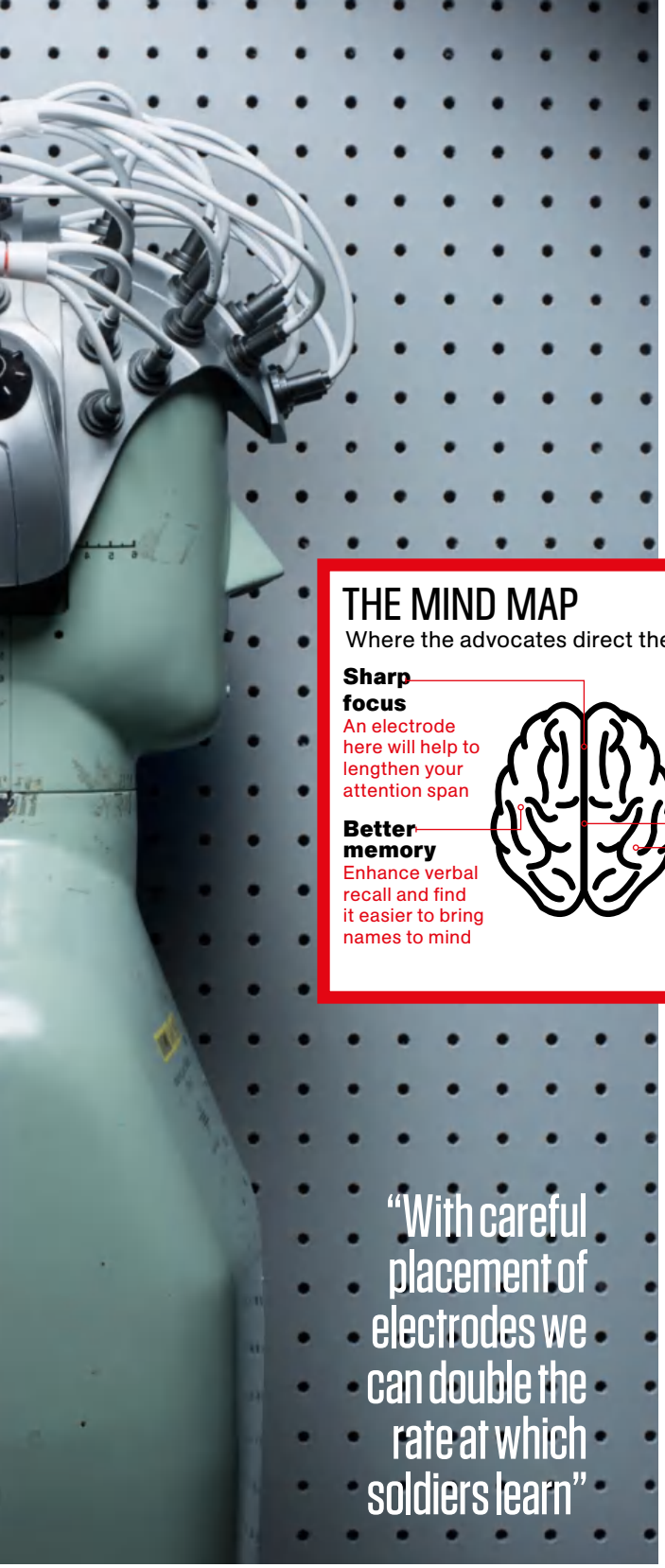
I still can't shake the feeling that zapping myself with electricity sounds like the behaviour of the kind of fool who would benefit most from doing so. With that in mind, I visit Dr Cohen Kadosh at his lab. How is this different, I ask him, to the kind of barbaric practices represented in the closing scenes of *One Flew Over the Cuckoo's Nest?* "In the past, with something like electroconvulsive therapy, the level of current applied was so strong it forced the neurons to fire, altering brain function," says Cohen Kadosh. "In our case, tDCS makes them more *likely* to fire."

Instead of frazzling your brain, a gentle current coaxes your neurons into action; it encourages them to make new connections. But the only way to get my head around the idea, says Dr Cohen Kadosh, is to test it out. I'm led into a small room that resembles a doctor's surgery. Cohen Kadosh's assistant, Amar, places the electrodes – small sponge pads – on the side of my head and base of my skull. Both are wet, he explains, with saline solution, "to reduce resistance and aid conduction".

The tDCS machine whirrs on and after a minute I sense a tingling where the electrode is placed. It feels like mild



CHANNEL YOUR ENERGY: APPLYING THE CURRENT TO DIFFERENT REGIONS OF THE BRAIN LETS YOU TAILOR THE TREATMENT TO YOUR MENTAL TARGET



THE MIND MAP

Where the advocates direct their currents

Sharp focus
An electrode here will help to lengthen your attention span

Better memory
Enhance verbal recall and find it easier to bring names to mind

Quick thinking
Crank your cognitive processing powers up a gear here

Self motivation
Stimulate this area to boost your get-up-and-go

"With careful placement of electrodes we can double the rate at which soldiers learn"

sunburn. Nothing happens at first, but when Amar alters the way in which the current is delivered, I see flashing lights in my peripheral vision. I look up, expecting the strip lighting above to be flickering, but I'm told that what I'm actually seeing is a phosphene, the phenomenon of "light without light". In short, the current is stimulating my visual cortex, making me see stars. This initially triggers a mild anxiety, but this quickly dissipates and I feel peaceful. Some 10 minutes later, Amar turns the machine off. The tingling and lights stop.

"You seem to have a high tolerance," says Cohen Kadosh. He explains that what they're doing here is running me through the different ways in which direct current can be applied to the brain, either feeding it in as a constant or modulating it to deliver short spikes. This first session is not enough to boost my intellect – that would require more bursts over an extended period of time – but it has certainly given me a taste of the procedure's pacifying properties. As I walk back through town to the train station, I try to analyse my thoughts, to take stock of my mental state. So, do I feel more alert, more focussed, or in any way smarter? The answer, I decide, is no. But more relaxed? Markedly so.

Military Intelligence

There are groups out there prepared to invest a huge amount into tDCS studies. Their aim is not to enable you and me to split a restaurant tab with ease, but to manufacture a generation of elite super soldiers. Neuroscientist Michael Weisend has been experimenting with tDCS in conjunction with the US military to help members of their Air Force learn faster.

"We demonstrated that by careful placement of electrodes in a controlled study, we can double the rate of learning in people being taught to identify targets in grainy, black and white images," says Weisend. The idea is to enable soldiers to assess threats, then eradicate them with minimum collateral damage.

The US Defense Advanced Research Projects Agency has funded similar trials at the University of New Mexico: volunteers who received two milliamps to the scalp improved in a controlled tests twice as much as those given one-twentieth of the current. If its funding strategies are anything to go by, the US department of defence believes that tDCS could give its soldiers an edge in life-and-death combat scenarios.

It's worth acknowledging that the tDCS current in itself won't improve performance; its power is only absorbed when applied during training exercises. "This isn't a magic bullet," Cohen Kadosh says. "The tDCS needs to be coupled with practice and applied learning. It's similar to using supplements but not going to the gym. The drugs alone won't build muscle." Used together though, tDCS and tuition could halve training time for drone pilots. "There's no real ceiling for results," Weisend tells me.

Self-Made Brains

The findings of Cohen Kadosh and his more military-minded colleagues across the pond are being keenly followed by a growing group of amateur enthusiasts. A quick Google search reveals a global community of self-zappers. Not for them the hallowed halls of Oxford University: these are entirely unacademic people wiring themselves up to homemade kits.

The internet is awash with sites dedicated to it. Some provide a step-by-step on the process, others offer crash courses in neuroscience, and a multitude of YouTube channels exist explaining the manifold ways to build your own device at home. Not a hands-on kind of guy? Order a kit online, from any one of the companies promising to "increase your concentration and offer relief from depression, anxiety and even migraines". This is a cottage industry powered by those convinced of the efficacy of these simple, battery-powered apparatus.

JD Leadam is the 25-year-old founder of Neurolectrics Inc. He markets a gadget called the Brain Stimulator. Leadam is no neuroscientist, but an entrepreneurial DIY tDCS practitioner. "Frankly, ever since I discovered tDCS, I've found every aspect fascinating." He says. "My first homemade device helped me pass my senior year of college. I could recall exact paragraphs of text in tests. Now I use it to help cope with the stress and anxiety of running a business." (The irony here appears to be somewhat lost on him.)

Leadam's sales pitch is persuasive, but it's hard to know how effective such a rudimentary machine is without trying one out. And while I thought I might have felt something in Dr Cohen Kadosh's lab, I can hardly pop into an Oxford research lab whenever I fancy a pick-me-up. So I search online. A week later, I'm the proud owner of a machine from tdcs-kit.com.

So here I am, alone at home, about to electrocute myself. I call Cohen Kadosh for a last-minute pep talk. It does not go as hoped. "I wouldn't say homemade devices are completely safe," he warns me. "We don't know what the long-term effects are." With two electrodes stuck to my temple and shoulder, I decide to throw the doctor's caution to the wind and press 'go'. As in the lab, I feel nothing at first. Then, after a minute, I begin to experience the familiar itching. It stays that way, teetering on the edge between discomfort and bliss for the 15 minutes until I switch off. So far, so safe.

As Dr Cohen Kadosh had focused on numerical tests in his research, I decide to do the same. Prior to plugging in, I complete a maths test online. Consisting of 35 multiple choice questions, the aim is to answer as many as possible in 10 minutes, striking a balance between accuracy and speed. Cohen Kadosh had reported that tDCS appeared to have a greater positive effect on those who were completing a task in an area they were not very good at. Arithmetic it is.

The first time I take the test I finish 23 questions. As I wait for my 15 minutes of tDCS to finish I feel at first relaxed, then fidgety. By the time it's over I feel confident and ready to go again. I speed through the new questions and when the timer sounds I'm pleased to see that I've finished 31. That is, until I see my score. In the first test, of the 23 I answered, I got 18 right. The second time I score just 19. Despite getting through seven more questions, my score only increased by one point. In percentage terms I've dropped from 78% to 61%. I felt focused, wired even, like you might after a can of Red Bull. But smarter? Apparently not.

Danger: High Voltage

My results come as no surprise to Jared Horvath, a former Harvard Medical school brain researcher, now completing a PhD in neuroscience. In a review of over 100 tDCS studies, Horvath and his team found little to convince them that the procedure works – whatever Cohen Kadosh et al might argue. "When I started researching tDCS I was psyched," he tells me. "But after a couple of years I couldn't find anything. I decided to go back through every study ever published on it and found nothing reliable. I'm not saying that the machine doesn't do anything, but the data, as it stands over the last 15 years, says nothing."

One sentiment that all the experts are agreed on is that as far as DIY tDCS goes, scientists still know little about its long-term effects on the brain. Then there's the accuracy. "The devices on sale on the internet are cute and all, but they don't use scientific principles to guide where the stimulation is going or match it with a task," says Weisend. "They're a one-size-fits-all attempt to put electricity through someone's head."

The Food and Drug Administration, which would normally regulate devices of this nature in America, where most are manufactured, doesn't monitor the machines because they aren't marketed as having any medical benefits.

"It's like the Wild West", says Cohen Kadosh. A cursory scan of the Reddit tDCS forum suggests the same. There are reports of burns, the onset of mild depression and, in one case, temporary blindness. (NB commenters go on to suggest that the person in question used copper coins pressed to his temples as conductors, rather than the standard, non-metal gel pads). Still, what I'm doing with my own home kit, it would seem, is taking a shock in the dark.

Amped-Up Results

Despite this, over the next two weeks I use the tDCS machine regularly, and



LUDDITE BRAINPOWER

Jump-start your mind without wiring up, says Dr David Wilkinson†

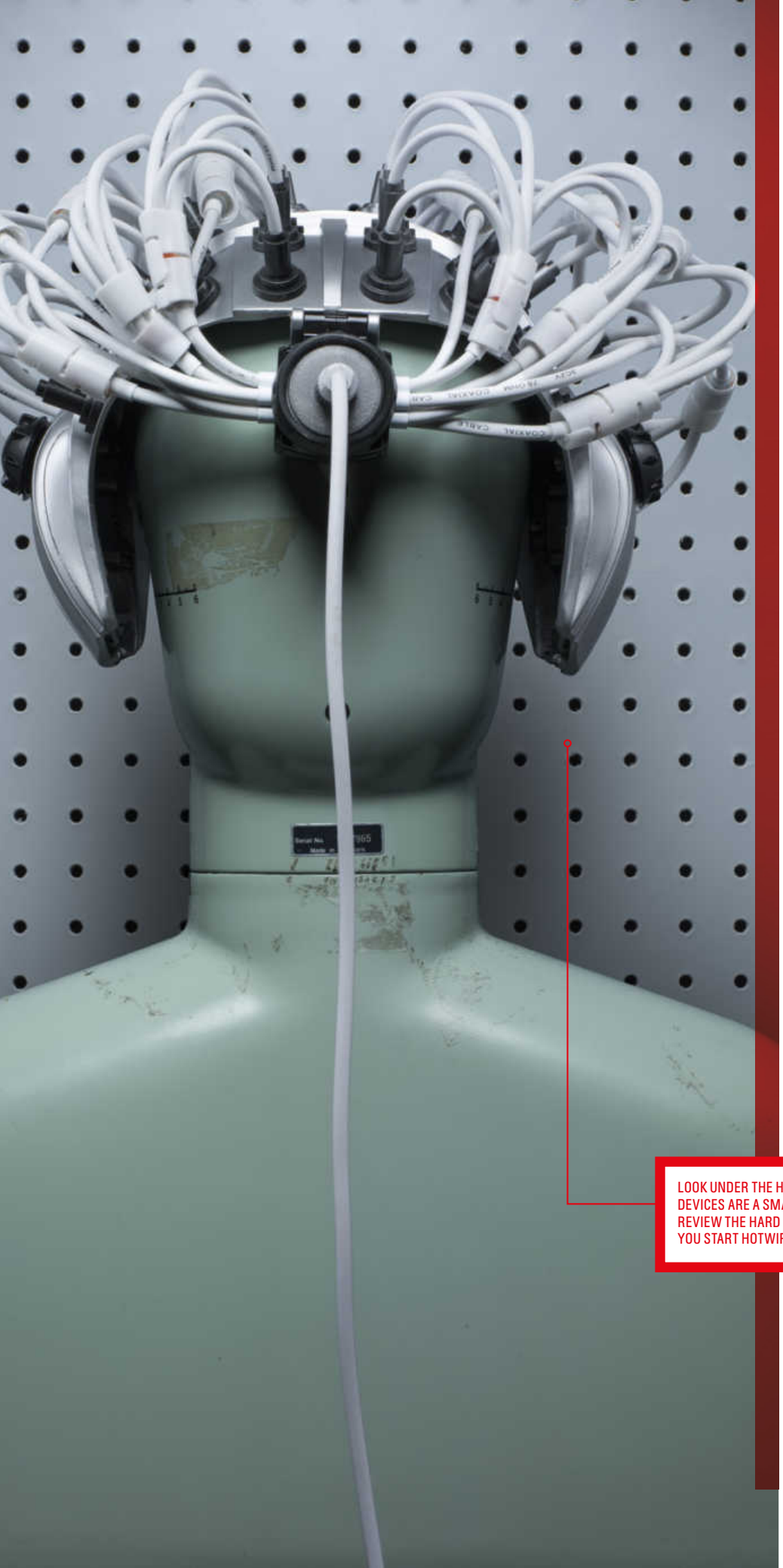
Get cold feet
Plunging your feet in icy water (0-2°C) for one minute has been found to trigger "hyper arousal" in your brain, improving visual function such as depth perception and attention to detail.

Change tracks
Singing has a duet of benefits for your brain. Not only does it activate the limbic structures, elevating emotion and aiding cognitive function in the process, it also aids concentration. Break into song for mental harmony.

Busy yourself
Feeling 'socially powerful' increases your creativity and ability to prioritise, harnessing mental bandwidth you didn't know you had spare. Planning a complex event, such as a stag do or surprise party, will benefit you.

Be ambitious
The mere act of feeling motivated increases your cognitive capacity, as it channels more resources toward achievement. Set small goals – saving money each month is enough – to tap into new mental energy.

†COGNITIVE NEUROSCIENTIST AT THE UNIVERSITY OF KENT | PROP DESIGN: IAN CRITCHTON | LARGE PEG BOARDS BLOCKDESIGN.CO.UK



LOOK UNDER THE HOOD: NOT ALL DIY DEVICES ARE A SMART INVESTMENT. REVIEW THE HARD EVIDENCE BEFORE YOU START HOTWIRING YOUR HEAD

"The results are tangible. I can answer pub quiz questions and my attention span improves"

try completing tasks while wired up. Progress is slow at first but over time I start to see tangible results. I can recall names, places and answers to pub quiz questions; my attention span improves; my touch-typing becomes more fluent; my scores on mental arithmetic tests creep up. (I recently split a bill seven ways – even taking into account the non-wine drinkers in the party – without using my phone's calculator.)

Is this a placebo? Practise anything long enough and you'll see improvement, right? Possibly. After all, on my visit to Oxford, Dr Cohen Kadosh mentioned a patient who fainted as a result of what they thought was a tDCS trial. In fact, they were part of the control group, who had no current applied to their brains.

Ultimately, tDCS has huge potential, but it's far from being understood. "People think, 'I'll just put it on and start stimulating,' but they don't take into account that it needs to be paired with cognitive training," says Cohen Kadosh. Weisend, too, says that the reason we haven't seen tDCS machines rolled out en masse yet is "there isn't a single scientifically proven device out there that you can slap on and use." Not outside the multimillion-dollar labs, anyway.

As for me, I'll take the alertness that my contraption induces over a strong coffee or a decent sleep any day. Not to mention its influence on my stress levels. Wiring myself up to a 9-volt battery has a truly therapeutic quality. For so many of us, evenings and weekends provide the opportunity to wind down from the pressures of the office, or to practice new skills – be that golf, a language or Call of Duty. Well, I've found that shooting a current into my skull is a way of rolling relaxation and self-improvement into one.

I've seen enough to convince me to continue my tDCS – at least for the short term – along with some applied learning, be it reading or a crossword. As Horvath says, "the last 15 years have been phase one: people getting excited about seeing what it can do. Now we need to put in the work." Perhaps it's time to plug in again. ■

GO ABOVE AND BEYOND

Keeping up with the latest fashion trend is one thing and injecting functionality into style another. Here's how you do it

WORDS **JOHN NG** PHOTOGRAPHS **LUKASZ WOLEJKO-WOLEJSZO/COSMOPOLA** STYLING **HA PHAN BICH/ BASICS BERLIN** GROOMING **MILKO GRIEGER** (HAIR) AND **THEO SCHNÜRER**/BLOSSOMMANAGEMENT (MAKEUP) MODEL **MAREK N./IZAIO**



KNOW YOUR INVESTMENT

Be willing to fork out a bit more on a quality bag that is going to be your lifelong companion, says Ha. A tote – like this – with multiple compartments allows for all your gym gear as well as essentials for a short road trip.

FRENCH CONNECTION jacket *frenchconnection.com*;
ZARA MEN T-shirt *zara.com*;
BEN SHERMAN pants *bensherman.com*;
SUPERDRY bag *fjbenjamin.com*



STAY PROTECTED

If travelling to somewhere cold is on the agenda, you may want to consider bringing along a supple, soft-wash turtleneck tee. It is easy to layer with a jacket or cardigan when the temperature drops.

FRED PERRY cardigan *fredperry.com*;
UNIQLO turtleneck *uniqlo.com/my*

FORGET THE NORM

Not long ago, breaking up a suit was a big no-no. These days, however, men are looking to diversify their wardrobe more than ever. “Separate a suit ensemble with a turtleneck and a pair of high-cut leather boots to lend it a casual flair,” Ha advises.

GUESS suit *fjbenjamin.com*; **H&M** pullover, turtleneck and shoes *hm.com/my*





DON'T OVERDO IT

"Less is always more," says Ha. "When you're wearing a long coat that features an elaborate pattern, make sure to keep the rest of your items simple and clean." After all, you want to turn heads for all the right reasons.

SOULLAND coat *soulland.com*;
UNIQLO cardigan and turtleneck *uniqlo.com/my*;
BURTON MENSWEAR pants *burton.co.uk*;
VANS sneakers *vans.com*



BE MORE ADVENTUROUS

Fact: a navy jacket works with everything all year round. Remember to create contrast when matching jackets with trousers. For instance, instead of blue pants, opt for different shades of brown or grey.

ZARA MEN jacket *zara.com*; **BEN SHERMAN** coat *bensherman.com*; **H&M** t-shirt *hm.com/my*

DO THE RIGHT THING

Master the art of layering by ensuring you're putting clothes together so that they function properly while being aesthetically pleasing. Sure, there are some exceptions, but untucked shirttails poking out from under a sweater is not a great look.

SUPERDRY pullover *fjbenjamin.com*;
CAMEL ACTIVE shirt *camelactive.de/en*;
MASSIMO DUTTI pants and shoes
massimodutti.com





PLAY MIX AND MATCH

"Dress up a nonchalant striped top with a comparably reserved pair of pants," says Ha. "Never button a polo shirt all the way to the top unless you're going for the full-fledged semi-formal look."

MASSIMO DUTTI pullover *massimodutti.com*;
SUPERDRY polo shirt *fjbenjamin.com*;
GUESS pants *fjbenjamin.com*

DESIGN YOUR LIFE

CLASSY. CREATIVE. IMPRESSIVE. SIX TIMEPIECES EVERY MAN **MUST** KNOW



EDOX
Grand Ocean Ultra Slim Calibre 26000
Weighing just 66g and at the width of 1.4mm, the stainless steel case and bracelet of this watch give it a decidedly "elegant meets sports" appearance. Water resistant to 50 metres.
crystaltime.som.sg
RM6,106

WORDS **JOHN NG** PHOTOGRAPHS **KAHMUN/MYTHSTUDIO** ART DIRECTION **SHAHRUL HILAL**



HUBLOT

Classic Fusion King Gold
Polished and satin-finished 18K gold case with matte black dial, gold-plated appliqués and hands. Sapphire crystal with anti-reflective treatment. Black rubber and alligator straps. Self-winding movement.
hublot.com RM30,700

Girard-Perregaux

1966 Dual Time
Pink gold case with off-white dial. Sapphire crystal with anti-reflective treatment. Functions include hours, minutes, central seconds, second time zone and date at 6 o'clock. Water resistant to 40 metres. Self-winding mechanical movement.
girard-perregaux.com RM93,70



ORIS
Thelonious Monk Limited Edition
Multi-piece stainless steel case with a sunray finished smoke blue dial with polished dots to mark the hours. Black leather strap with stainless steel folding clasp. Water resistant to 30 metres. Self-winding movement. Limited to 1,000 pieces worldwide.
oris.ch RM6,800



MIDO

Belluna 2

Stainless steel case with silver dial and anti-reflective sapphire crystal glass. Black calfskin strap with fold clasp. Water resistant to 50 metres. Automatic movement. *mido.my*

RM3,720



VICTORINOX
SWISS ARMY
Maverick Chronograph
Stainless steel case with a triple anti-reflective coating sapphire crystal glass. It features a blue dial, a blue bezel and a stainless steel bracelet. Luminescent hour and minute hands. Date window at 6 o'clock. Water resistant to 100 metres. Swiss-made Ronda movement. *fjbenjamin.com*
RM2,869


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SIGN UP NOW!
WWW.SPARTANRACE.MY

#MHCOVERGUY15

DATE: 23 JULY 2015
LOCATION: SLATE AT THE ROW



Editor John Ng, emcee Nadiah M and the finalists at the finale of #MHCoverGuy15!

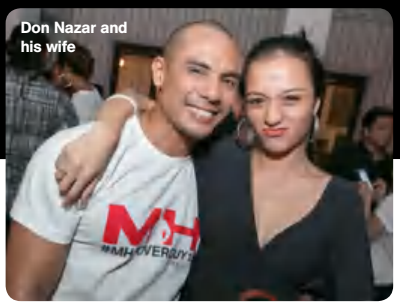


Jatt greeting one of the sponsors

#MHCoverGuy15 Fight Night

THE FINALE OF #MHCOVERGUY15 CULMINATED IN MEN'S HEALTH MALAYSIA'S first ever Fight Night when a crowd of over 350 guests turned up to Slate at The Row for fantastic night out in town. Just for one night, Slate at The Row was transformed into a unique fighting arena, replete with a boxing ring in the centre. Excited guests mingled while sampling a delectable spread of beverages and food, courtesy of Grant's, Huios and WokIt.

PHOTOGRAPHY **LIGHTSHOW PHOTOGRAPHY & THE IDEA HUT**


Don Nazar and his wife


Slate at The Row played host to the finale



Wes Jaya from Wesgatos throwing a killer kick


Farhan feeling the energy before his stage time

The agenda for the evening included Muay Thai matches from Wesgatos fighters, drawing loud cheers from the crowd. Hosted by the energetic Nadiah M Din, the high octane energy kept buzzing as all 13 finalists got up on stage with their supporters for a short round of interviews. Guests were also reminded to vote for their favourite finalist, which were tallied with the existing number of votes collected during the three-week period before the finale. Overall, more than 3,700 votes were cast online and during the reveal party.

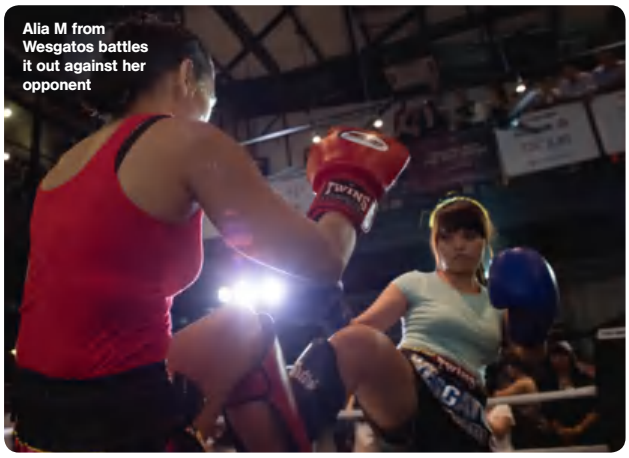
The winners of the Reader's Choice Awards were announced as follows: Matthew Pyne, fourth place; Ridwan Mustafa, third place; Julian Shii, second place; and Aren KD, first place. Each individual received prizes from Bad Lab, Berjaya Hotels & Resorts, Celebrity Fitness, Clique Clinic, Grant's, Orlando, Reebok, Ripcurl and Storm London.


Abel of Berjaya Hotel & Resorts meeting the finalists


Bad Lab rebels



Ring Girl


Alia M from Wesgatos battles it out against her opponent


Julian Shii makes his entrance with Matthew Pyne and Joseph Lee behind him

MH EVENTS

#MHCOVERGUY15

DATE: 23 JULY 2015
LOCATION: SLATE AT THE ROW


The massive crowd goes wild before the grand reveal


Nadiah and John banter on stage




Sara, Suren, Ariff and Zaid show off their talents to the crowd


Ridwan's turn in the spotlight


Nadiah M chats to previous *MH* Woman Tiz Zaqyah.


William Kee, LynnD Ong and friends

The crowd grew feverous as Nadiah M Din prepared to reveal the winner of #MHCoverGuy15. Behind the scenes footage of this year's finalists participating in fitness challenges and photo shoots were played before the ultimate winner was revealed on the August 2015 cover of Men's Health Malaysia – Matthew Pyne!

The #MHCoverGuy15 campaign and prizes for all finalists and winners were made possible thanks to our sponsors: Bad Lab, Berjaya Hotels & Resorts, Celebrity Fitness, Clique Clinic, Grant's, Huios, Orlando, Reebok, Ripcurl, WokIt and Storm London. Special shout out to UBER, The Row and Wesgatos fight school.



Allan Yap of Just Heavenly presents the amazing cake to our winner!



John congratulates Ridwan on winning third place for reader's choice



Joseph and crew take a selfie on stage

Have you got what it takes to be the next MH Cover Guy? Stay tuned for further details about next year's #MHCoverGuy16.



Michael Andreas, Joanne Puah, Linora Low, Lester Lim, Evan Siaum Mark O'Dea, Jordan Tan and Jackie Lee.



John and 1st place winner of reader's choice, Aren KD



Julian Shii wins the special #StandTogether prize

KIND THANKS TO OUR SPONSORS

LADB · BERJAYA HOTELS & RESORTS · CELEBRITY Fitness · clique CLINIC · coolsculpting · ORLANDO

Reebok · RIP CURL · STORM LONDON · Grant's · #WOKIT · SLATE · Hunos meal prep

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Entries and nominations are now open! This year we're looking for men who talk the talk and walk the walk... in brogues of course.

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Tag your photos on social media or email* your entry and nominations to **marketing@esquire.my**

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THE CATALYST



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Activists, politicians, philanthropists, start up moguls...

THE CREATIVE



Crafting Ideas

Filmmakers, producers, artists, singers, dancers, architects, writers...

THE CHIEF



Moving Mountains

Activists, politicians, philanthropists, start up moguls...

Closing date 21 September 2015

*Ensure to include full details (name, date of birth, occupation & mobile)

Visit esquire.my for more

WIN FOLLIGRO VOUCHERS FROM SVENSON WORTH RM556 EACH!



Svenson Hair Centre – the renowned global leader in hair and scalp programmes – is always at the forefront of trichological expertise and knowledge. With its team of dedicated and experienced international trichologists, it offers the ultimate professional solutions to hair and scalp ailments.

Svenson Hair Centre is a global provider of professional and customised treatments. With over 50 years as the industry leader in hair and scalp care, Svenson Hair Centre will diagnose and help you treat problems such as:

- Hair loss
- Receding and thinning hair
- Flakiness and dandruff
- Oily and greasy hair

Svenson's revolutionary Radio Frequency FolliGro improves blood circulation while detroying bacteria and stimulating hair follicles. Our treatment also delivers growth peptides and essential vitamins more effectively than other conventional methods as it activates hair growth and improves the health of your scalp.

www.svensonhair.com.my

PRIZE:

11 readers will win FolliGro vouchers worth RM556 each!

QUESTIONS:

1. Name four hair problems Svenson can help treat.
2. Name the location of three Svenson outlets in the Klang Valley.
3. What is the benefit of RF Folligro treatment?
4. According to Alpha Male – Grooming on p54, how can dandruff be controlled?

CLOSING DATE: 30 SEPTEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN **FOLLIGRO VOUCHERS WORTH RM556 EACH!**

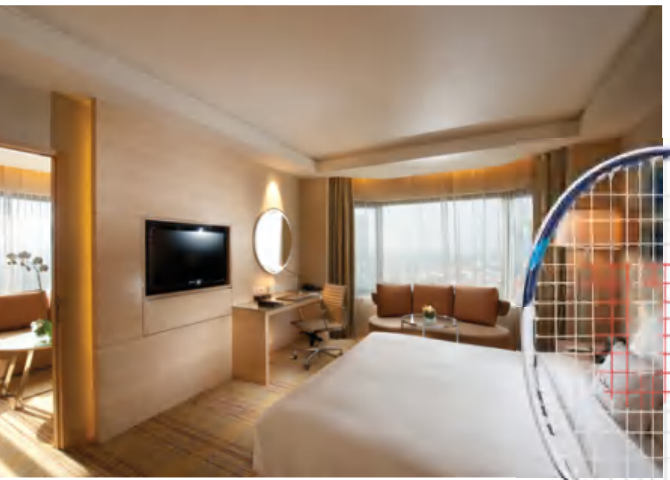
Svenson® HAIR CARE EXPERT

TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email



WIN AMAZING PRIZES FOR THE MALAYSIAN OPEN, KUALA LUMPUR 2015!

Some of the biggest tennis names will arrive in Kuala Lumpur for the 7th Malaysian Open at Putra Stadium, Bukit Jalil, from 26 September to 4 October 2015. The 2015 edition of the tournament will welcome superstars like World No 7 David Ferrer, Feliciano Lopez, 2015 Wimbledon Semi-finalist Richard Gasquet, Grigor Dimitrov and Nick Kyrgios in an ultimate battle on the courts for a piece of this year's USD1,041,540 total prize money. For more information, please visit *www.MalaysianOpenTennis.com*.





PRIZES:

1st place – Meet with one of the singles semifinalists at Malaysian Open, Kuala Lumpur 2015 for two persons and a pair of Final Weekend Tickets.

2nd Place – A Men's-Lablink Health Screening at Lablink Medical Laboratory and a pair of Weekday Tickets.

3rd place – 3D/2N in a deluxe suite with breakfast for two at DoubleTree by Hilton Kuala Lumpur and a pair of Weekday Tickets.

4th place – Wilson Nvison Elite tennis shoes, a Wilson racket (BLX Juice) and a pair of Weekday Tickets.

5th place – A Wilson racket (BLX Juice) and a pair of Weekday Tickets.

Consolation Prizes:
Five pairs of Weekday Tickets.

QUESTIONS:

1. When and where will the Malaysian Open, Kuala Lumpur 2015 will take place?
2. Name the official tennis balls of Malaysian Open, Kuala Lumpur 2015.
3. Tell us who you would like to meet at the Malaysian Open, Kuala Lumpur 2015 and why.
4. According to the Health feature on p60, how can toenail fungus be treated?

CLOSING DATE: 20 SEPTEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND
WIN AMAZING PRIZES FOR THE MALAYSIAN OPEN, KUALA LUMPUR 2015!

KPJ HEALTHCARE BERHAD

DOUBLETREE BY HILTON KUALA LUMPUR

Wilson

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Men'sHealth

WIN A PAIR OF JABRA SPORT COACH™ WIRELESS EARBUDS WORTH RM649 EACH!



If you're a fan of burpees, lunges, squats and planks, and want the added motivation of individual coaching and your favourite music, you need to know about Jabra Sport Coach Wireless. Cross training enthusiast only need to download the Sport Life app on a smartphone, which is preloaded with 40 exercises. Users can then design their own personalised workouts with real-time audio coaching through the unique earbuds.

Music can be used to help boost workout intensity and the Jabra Sport Coach makes it easy to attain this extra motivation. By incorporating Dolby sound, users get their favourite tunes delivered in premium sound quality through the wireless earbuds. In other words, there's no excuse for not staying focused on fitness.

This ground-breaking music and coaching solution for indoor workouts is the latest sport audio solution from Jabra. Jabra pioneered this area with the award winning Jabra Sport Pulse Wireless earbuds that gave users in-ear heart rate monitoring for the very first time. With Sport Coach Wireless, Jabra extends its sport audio range of in-ear coaching solutions and embraces the current trend for cross training.

PRIZE:

Eight winners will receive a pair of Jabra Sport Coach™ Wireless earbuds worth RM649 each!

QUESTIONS:

1. Jabra Sport Coach features in-ear audio coaching to help you during your cross training workout. True or False?
2. Jabra Sport Coach features wireless premium Dolby sound. True or False?
3. Name two of your favourite workout tracks.
4. What is our *MH* Guy Henry Golding's tip on dealing with conflict?

CLOSING DATE: 30 SEPTEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN
A PAIR OF JABRA SPORT COACH™ WIRELESS EARBUDS WORTH RM649 EACH!

Jabra®

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WIN A SOLEUS PR HEART RATE MONITOR WORTH RM423 EACH!



The Soleus PR HRM (Heart Rate Monitor) gives you an accurate real time reading of your heart rate using a comfortable chest strap. The PR HRM allows you to set and train within personalized target HR zones and set interval timers.

This product also has a chronograph function that allows you to keep track of your interval timings for avid runners. The data can be stored for later review, which is essential and meaningful for running enthusiasts.

PRIZE:
14 winners will receive a Soleus PR HRM worth RM423 each!

QUESTIONS:
1. The Soleus PR HRM monitors your heart rate using a chest strap (True/False)
2. The Soleus PR HRM allows for data storage for later review (True/False)
3. Name one of the protein powders mentioned on p70.
4. What is your fitness goal for the remainder of 2015?

CLOSING DATE: 30 SEPTEMBER 2015



HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN **A SOLEUS PR HRM WORTH RM423 EACH!**

SOLEUS RUNNING WATCH

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WIN PASSES TO THE GRAND FINALE OF MALAYSIAN INVASION MIXED MARTIAL ARTS SEASON 3



Dubbed the biggest amateur MMA fighting championship in Asia, Malaysian Invasion Mixed Martial Arts (MIMMA) seeks to discover and develop local MMA talents by being the platform for amateurs to compete and put their highly honed skills and countless hours of dedicated training to the test.

This year, MIMMA heads to the Grand Finals for its third season, and history will be rewritten once more by a new breed of amateur MMA champions.

Season 3 marked the start of a fresh chapter for MIMMA where two new categories—Foreign Pride and Women—were introduced to meet the demands of the rapidly growing MMA scene. Both categories received an enormous amount of attention and spurred a lot of conversation globally, adding to the immensity of the event.

The MIMMA3 Grand Finals will take place on 10 October 2015 at the Putra Indoor Stadium.

PRIZES:

44 winners will receive a pair of tickets each to catch the fight:
25 pairs of Bronze tickets worth RM50 each
10 pairs of Silver tickets worth RM100 each
5 pairs of Gold tickets worth RM150 each
4 pairs of VIP tickets worth RM300 each

QUESTIONS:

1. When and where will season 3 of Malaysian Invasion Mixed Martial Arts (MIMMA) take place?
2. Name the two new categories.
3. What is the workout featured on p42?
4. Who is your MMA hero and why?

CLOSING DATE: 30 SEPTEMBER 2015

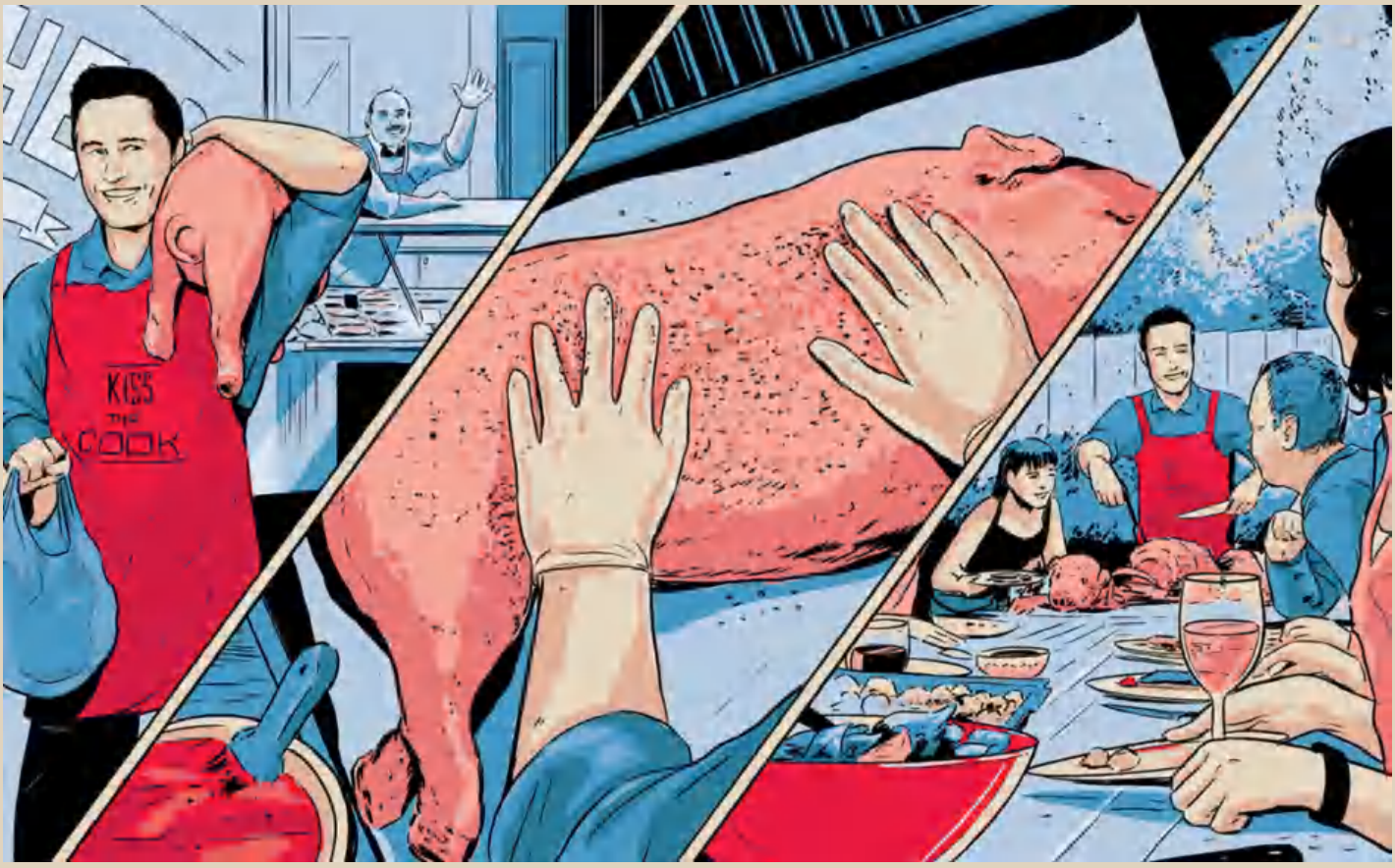
HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER:
44 WINNERS WILL RECEIVE A PAIR OF TICKETS EACH TO CATCH THE FIGHT!

MALAYSIAN INVASION

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Uncommon Wisdom



WEEKEND PROJECT

Invite a Pig to Dinner

THERE ARE LOTS OF BAD WAYS TO roast a pig: make your own pit from cinder blocks! Truss and spin Wilbur over an open flame! Except these methods involve almost as much prep time as they do cook time. Pig out with less effort using this approach by Mashama Bailey, executive chef of The Grey in Savannah. –PAUL KITA

Herd Your Supplies

First, make sure you have a grill that can handle the hog – that is, an extra-large cooker with at least 18″×30″ of grate estate. You can even rent one at a party supply store. Go with propane to maintain a steady temp. Next, call a butcher and ask for a gutted 10kg suckling pig. It's a special order, so call a week ahead. Also grab thick rubber gloves, a box of heavy-duty aluminum foil, and a full tank of fuel.

Prep the Piggy

Preheat your grill to a steady 191°C. Place Porky on an extra-large baking sheet and rub olive oil over the skin and inside the carcass. Season the swine liberally on both sides with salt and pepper. Using the tip of a sharp knife, cut a small incision in the skin and tuck in a peeled garlic clove. Repeat this process until the entire bulb of garlic is gone.

Heat Up the Hog

Line the hot grill with a layer of foil. Put on your gloves, hoist the pig directly onto the grill, and close the lid. Every 15 minutes, open the cooker and, using your gloves, rotate the meat 45 degrees to ensure even cooking. When the skin has crisped and charred, about 60 to 90 minutes, put on your gloves, flip the pig over, and repeat the process. If any vittles start to burn, wrap them in foil.

Create Your Grub Seasoning

Expect 2 to 3 hours of cooking time. Meanwhile, retrieve a large bowl and mix up a rub from ingredients you probably have on hand: a 1kg bag of dark brown sugar; ½ cup kosher salt; 2 Tbsp each of paprika, garlic powder, onion powder, and ground allspice; and 1 Tbsp each of ground cayenne, freshly ground black pepper, and ground mustard. Apply this spicy sweetness to the meat after you carve.

Butcher the Beast

You're done when the skin is crispy and the flesh is tender. (Insert your meat thermometer into the thickest part of the shoulder and leg; it should read at least 73.9°C.) Slide a large baking sheet under the pig and lift the beast from the grill to a nearby table lined with foil. Let it rest at least 30 minutes. Then chop everything into quarter-inch bits, and knead in the spice blend. Toss it into dinner rolls with pickles and BBQ sauce for swine dining!

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